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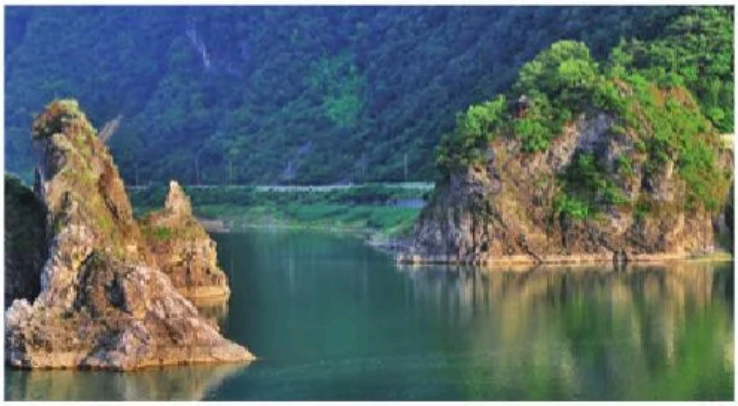

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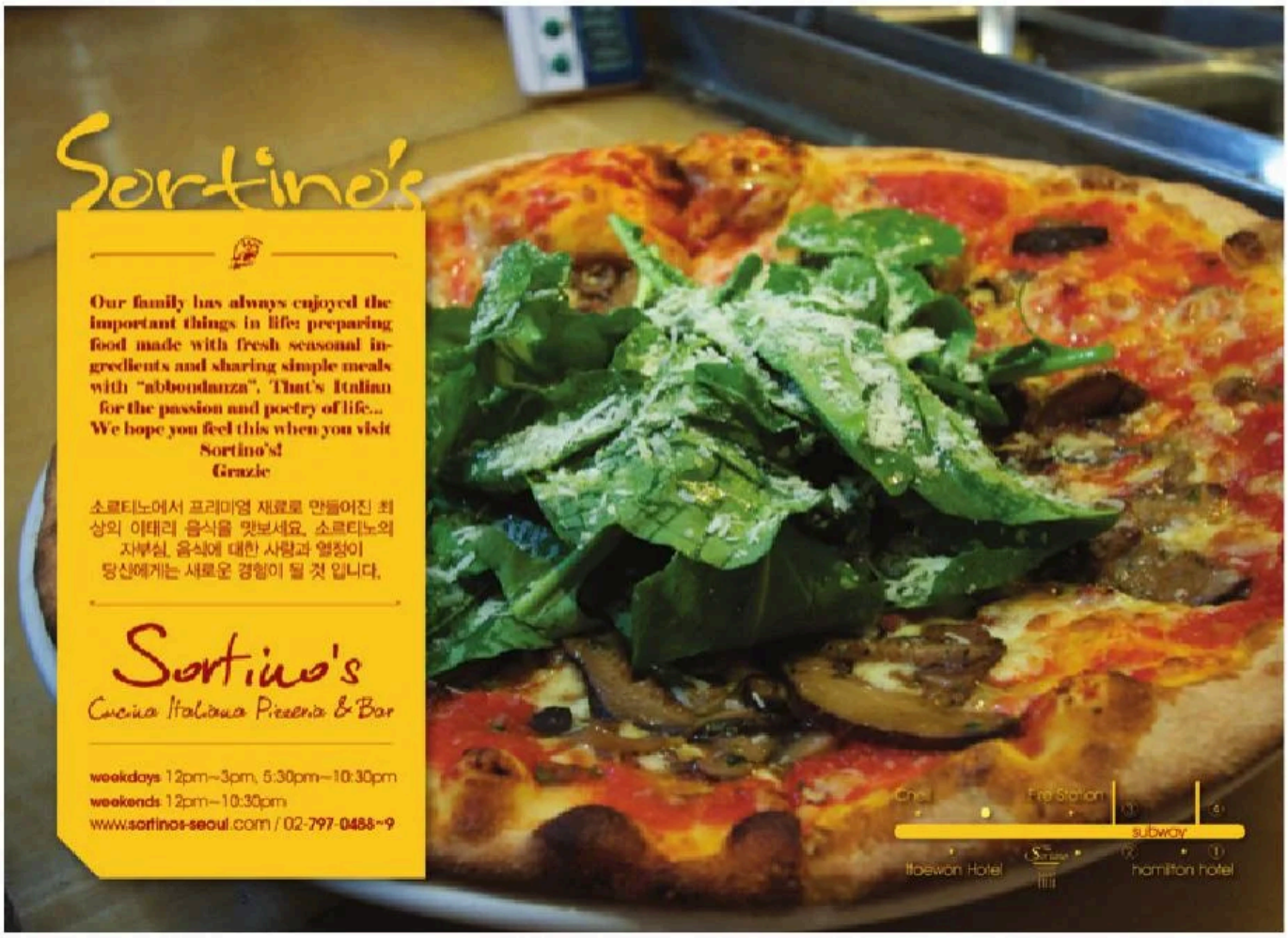
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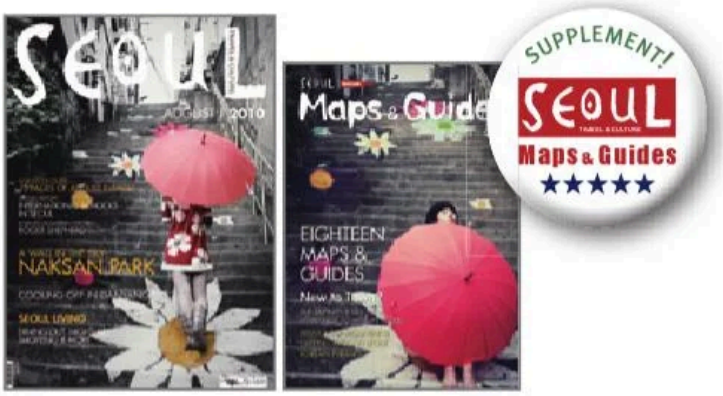

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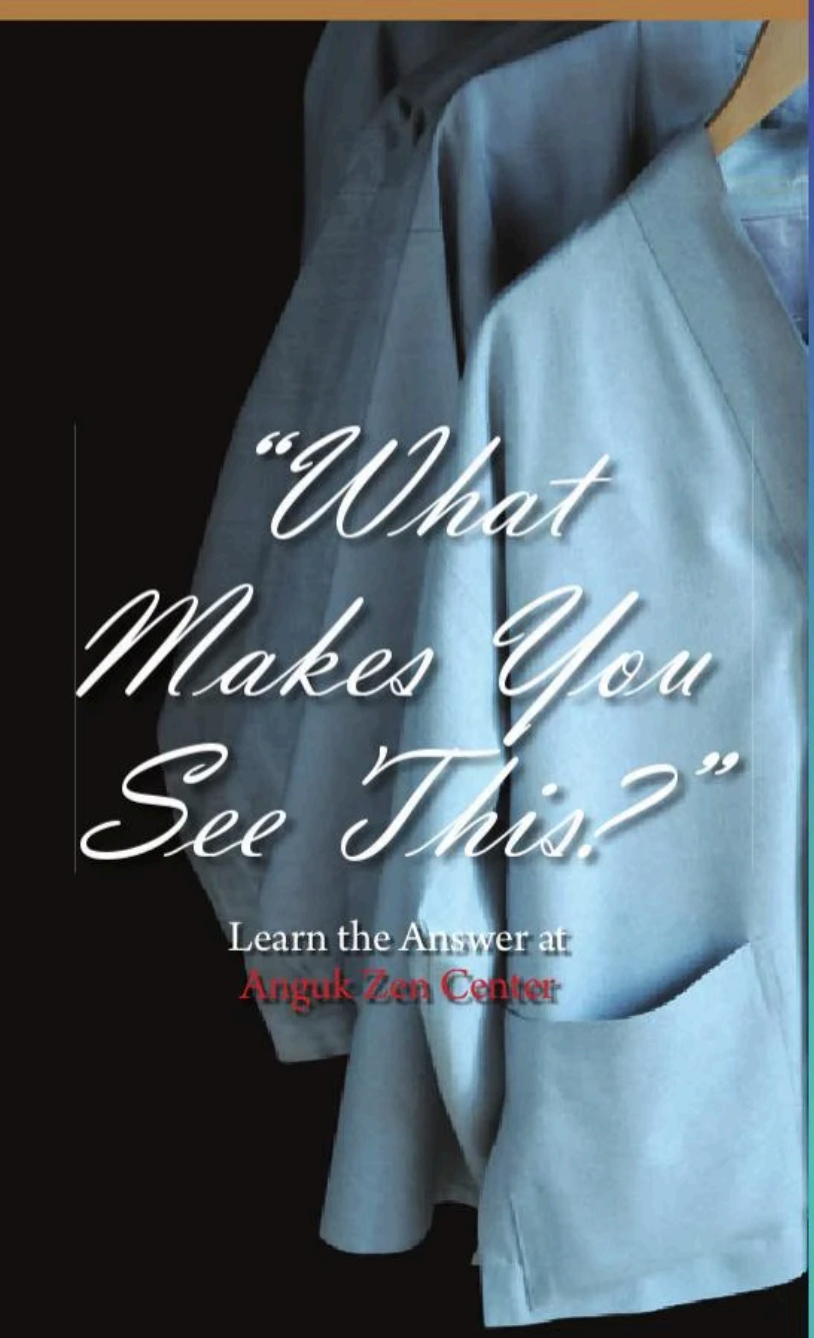

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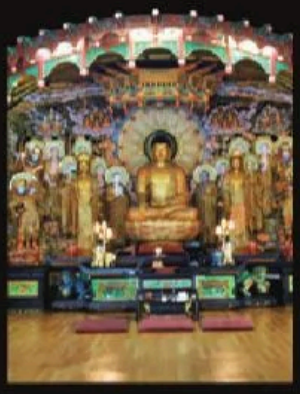

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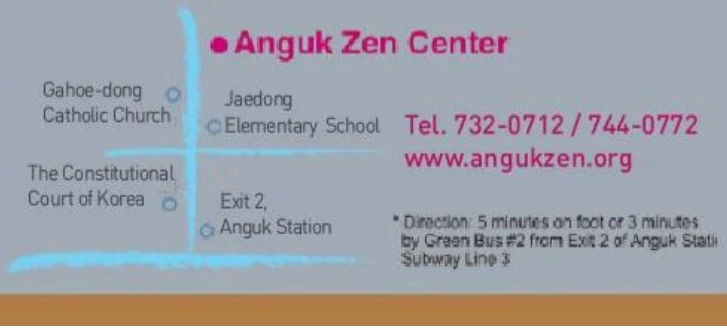

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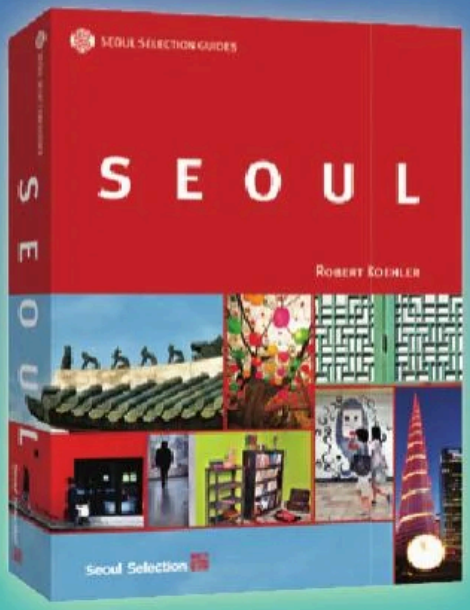

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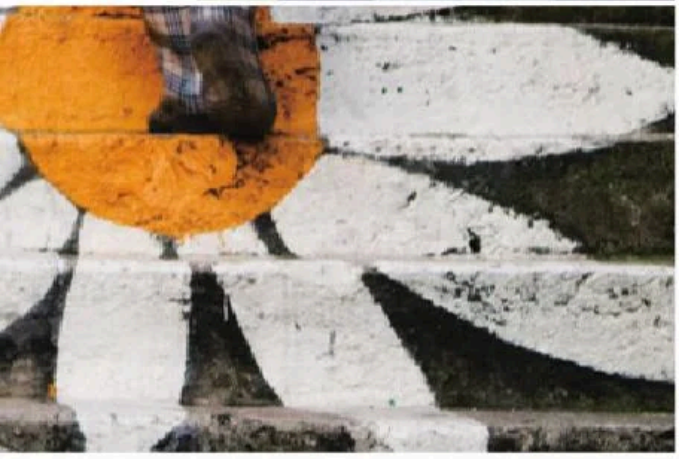

Model: Park Hana
Photographer: Ryu Seunghoo

An afternoon around Naksan

This month's cover shoot took place on the section of Seoul's city wall that runs through Naksan Park, and in the surrounding neighborhood. For more information, including directions, see Exploring Seoul (p12—15).

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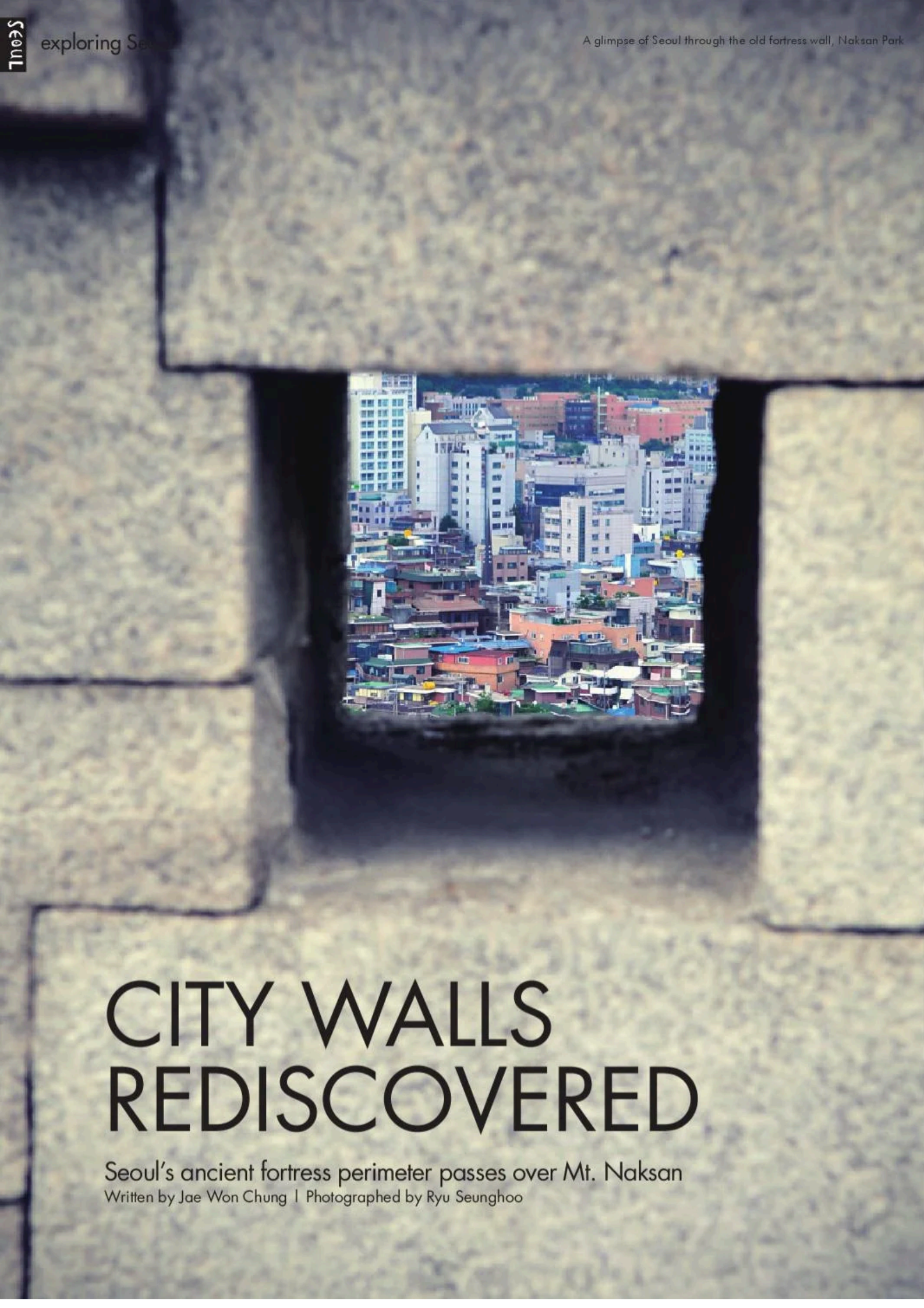

A glimpse of Seoul through the old fortress wall, Naksan Park

CITY WALLS REDISCOVERED

Seoul's ancient fortress perimeter passes over Mt. Naksan

Written by Jae Won Chung | Photographed by Ryu Seunghoo

I began my kilometer-long hike northward toward Naksan Park on a muggy afternoon, in the hustle and bustle of the Dongdaemun area. As I passed a number of fellow hikers and, to my right, some senior citizens relaxing on *pyeongsang* (low wooden platforms) in Korean-style gazebos, I could already feel myself being lifted above the city's frenzy. To my left, clearly marking the trail, were stone walls with battlements standing over ten meters tall.

Long fortress wall

These walls are part of a much larger structure—18km in circumference—connecting a half-dozen major and minor gates that once served as a perimeter to Hanyang, the capital of Joseon. The fortress walls, or *seonggwak* in Korean, were built according to 9th century Oriental geomancy (also known as *feng shui*), which stated that a kingdom's capital should be protected by mountains on its north, south, east, and west.

Laughably steep

Soon a passageway appeared, providing access to the wall's inner side. I looked in to find a humble residential district, with snug alleyways and bored children. What deterred me was the laughably steep incline. I had a few more chances to work my way in as I traveled higher up the path. What lured me back, eventually, was a tiny convenience store with a red awning. There, I had my first—very pleasant—encounter with Pocari Sweat (a clear Gatorade-ish drink). When I came back out, a couple of teenage boys brushed past me. They were headed westward, and *down*, in the direction of Daehangno. I asked them where they were going.

"Ihwajang—where Syngman Rhee used to live," one of them said. (I wanted to follow, but he said you needed to make a reservation at least a day in advance.)

Mountaintop panorama

Hiking up the fortress walls, I could see over the western edge of the path, all the way to the ridges of Mt. Inwangsan and Mt. Bugaksan—and, further south, to Namsan Tower. Seoul's cluttered buildings actually looked cozy from this altitude, with patches of lush green softening the cityscape.

On the outer side of the walls in Naksan Park, a beautiful trail made a winding descent toward the park's northern end. I passed a young couple—a woman trying to show her companion something far away ("not that blue,

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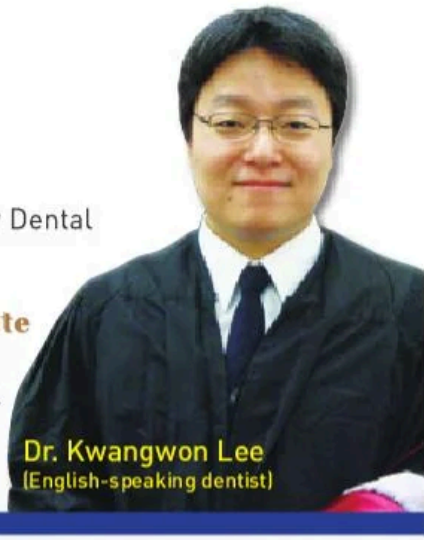

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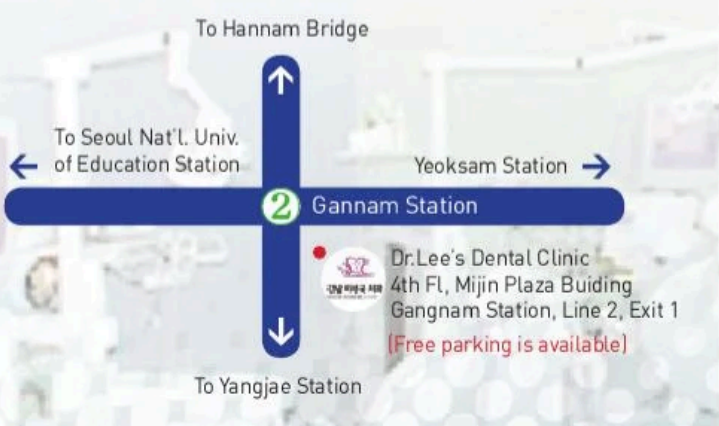

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GETTING THERE

Naksan trail from Dongdaemun: Dongdaemun Station, Lines 1 & 4, Exit 1 or 10. From Exit 1, head toward Dongdaemun, then follow the sign that says "Naksan Park, 1.2km." From Exit 10, turn around and walk past Dongdaemun Methodist Church until you get to the "Naksan Park, 1.2km" sign.
Ihwajang: Hyehwa Station, Line 4, Exit 2. Walk toward Korea National Open University. Turn left at Attached Elementary School of College of Education, Seoul National University. After 100m, walk toward Podowon Garden Restaurant and you'll find an uphill road. The traditional Korean-style house at the end of the road is Ihwajang.

AROUND NAKSAN

Daehangno—Where Seoul National University used to be located before its move below the Hangang River, this is a popular destination for young Koreans and foreigners alike. The area is known for its thriving theater district, as well as for bars, restaurants, and cafés that cater to college students and locals.
Hakrim Dabang—see Café Culture, p66-67

that blue") somewhere between the apartments and the humongous heap of dirt where construction was under way—and watched nervously as two giddy middle school girls sat perched on adjacent battlements, dangling their sneakered feet from the edge.

Advancing wall-building technology

Those battlements had been added to the fortress walls in 1422 by King Sejong, the same king who invented the Korean alphabet, *hangeul*. A series of restorations, which would continue with King Sukjong in 1704, is responsible for the mosaic-like quality of the walls. The eventual shift from clusters of large and small natural stones to two-foot by two-foot rectangular stones reveals the advancement of Korea's building technology over the centuries.

At the rest area, hikers were refueling on cup noodles and Cass beer. Nearby was Naksan Gallery, which provides photos of the area from the 1960s, showing how the rush toward urban development almost destroyed the fortress walls. In 1999, thirty apartment buildings and 176 houses were torn down to make room for the park. Tens of thousands of trees, bushes, and flowers were planted, while over four hundred facilities, like badminton and basketball courts, were installed for park-goers' enjoyment.

Thriving environment and history

In a city often criticized for its unchecked growth and disregard for its environment and history, I was happy, finally, to see such a thriving exception. From there, it would have been a brisk walk down to Hyehwa Station, near the bustling theater district of Daehangno. But after coming out of the gallery, I climbed up the trail again, wanting to enjoy the view atop Naksan's fortress walls once more.

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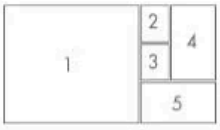

1. Stone carvings outside Ihwajang: "Respect heaven, love people."
2. Fortress wall in Naksan Park
3. Wall paintings in the park
4. Pavilion in the park
5. Ihwajang and its garden

Ihwajang

South Korea's first President, Syngman Rhee, lived here for less than a year before moving to the presidential mansion (or what is today the Blue House). After 1960, when student-led demonstrations unseated Rhee from power, he lived in exile in Hawaii. Following his death in 1970, his wife, the daughter of an Austrian ambassador, returned to Seoul to live in the house. The modernized *hanok*-style house, built in 1934, is surrounded by beautiful gardens. The exhibit inside has a range of Rhee's personal items on display. For a tour, you need to make a reservation at least a day in advance.

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PALACE BY MOONLIGHT

Evening tours of Changdeokgung Palace offer rare chance to see beauty of the palace at night

Written by Robert Koehler | Photographs courtesy of the Korea Tourism Organization

The soothing nighttime silence is broken only by the rustle of leaves in an evening breeze. The garden is bathed in the milky light of the moon, the still waters of the pleasure pond reflecting the shimmering orb like a beautiful painting. The worries of the everyday melt away amidst sublime tranquility.

While the kings of Joseon (1392—1910) could enjoy such strolls whenever they wished, the nighttime beauty of Changdeokgung Palace has long been verboten to the general public, who could explore the palace only during daylight hours. The Korea Tourism Organization and Cultural Heritage Administration have teamed up to correct this grievous wrong with their moonlight outings at Changdeokgung, held twice a month in September and October (Sept 23/24 and Oct 21/23). Providing a wonderful opportunity for visitors to appreciate the special nighttime charm of the UNESCO-recognized palace and its famous pleasure gardens, the outings are an unparalleled cultural experience.

Jewel of Joseon Dynasty architecture

Changdeokgung is widely considered the most beautiful of Seoul's palaces, the apex of Joseon architecture. Founded in 1405 as the second of Seoul's royal palaces, it blends in seamlessly with the surrounding mountains and forests. Particularly breathtaking is its beautiful pleasure garden, hidden in the forests behind the palace buildings. Trees, rocks, ponds, and streams are tied together by a few simple pavilions artfully placed at strategic locations. While very much one with nature, the garden is also a world unto itself, one of harmony and meditative bliss.

Palace by moonlight

As beautiful as Changdeokgung Palace may be by day, it's absolutely magical at night when the moon lights up the palace grounds. Each tour lasts two hours, from 8pm to 10pm. Visitors are assisted by portable guide devices that provide pertinent historical and cultural information. To preserve the tranquility of the night and

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Group Tour: Call the KTO at (02) 729-9528/9525
Individual Tour: Visit www.palacetour.co.kr or call 1330 (Travel Info Service).

GETTING THERE

Changdeokgung is a short walk from Exit 3 of Anguk Station, Line 3.

minimize the impact on the palace, tours are limited to 100 individuals each.

The tour program is as follows:

1. **Donhwamun Gate**: The tour begins with participants gathering at the impressive Donhwamun Gate, the entrance to the palace. Rebuilt in 1609, it is the oldest of Seoul's existing palace gates.
2. **Injeongjeon Hall**: Bring your cameras for a photo session in front of the Injeongjeon Hall, the massive main throne hall of Changdeokgung Palace. Last rebuilt in 1804, the majestic two-story building cuts a magnificent profile against the night sky.
3. **Buyongji Pond**: The beautiful pond in Changdeokgung's garden harmonizes the natural and man-made. Peaceful during the day, it's absolutely sublime at night, and provides a wonderful space to relax.
4. **Yeongyeongdang**: A highlight of the evening is some Korean traditional music at the Yeongyeongdang, a 19th century royal residence built in the style of a rustic country home. Located deep in the palace garden, it makes the perfect venue for Korean traditional chamber music.
5. **Forest Path**: The tour concludes with a magical stroll along the palace's forest path, an ancient walking trail enjoyed by the kings and queens of old.

Since the number of visitors admitted is limited, you'll want to reserve your spot right away, because they will fill up. See below for more information.

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KOREAN GARDENS

Simple and natural, Korean gardens embody the traditional view of the cosmos

Written and photographed by Robert Koehler

Korean gardens embody a philosophy of adapting to nature in its original state. The elements of a Korean garden include land, structures, flowers and trees, streams and ponds, rocks and walls, bridges and paths. A garden brings these elements together into harmony within a defined space through an orderly and functional arrangement.

—Chung Jae-hoon, "Korean Gardens: Where Man and Nature Become One"

The Korean garden is more than just a scenic location. For Koreans of old, it was a microcosm of the universe, an architectural embodiment of the Korean world view. Man's influencing touch is kept to a minimum—rocks, streams, ponds, and trees are left as close to their natural state as possible; artificial additions, meanwhile, serve to highlight or complement nature, not dominate it. By tying together the natural and man-made, the garden expresses man's harmony with his natural environment, an ever-present theme in Korean traditional culture.

Characteristics of Korean gardens

Kim Yong-duk, former president of the Traditional Garden Society and himself the owner of the beautiful Haksajae home and

Hee Won Garden

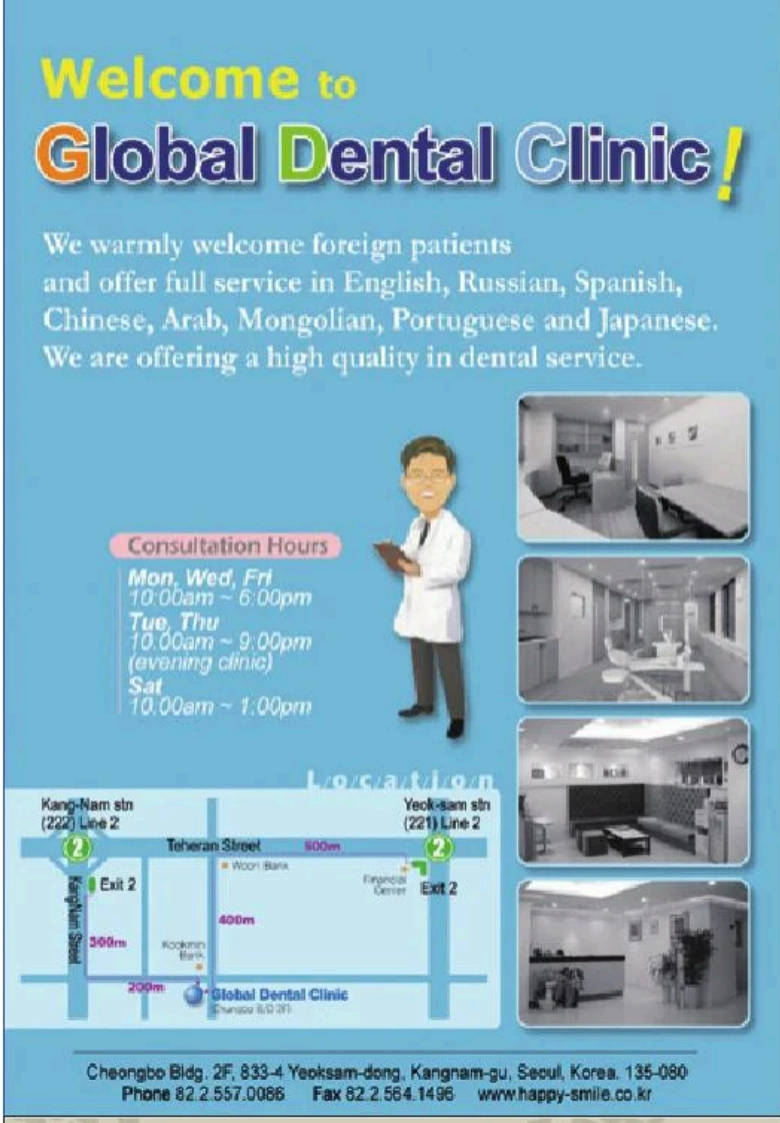
garden on the island of Ganghwa-do, explains that the traditional gardens of Korea, China, and Japan share four common characteristics: water, rocks, plants, and structures. The differences, however, are in the details. In a Korean garden, for instance, the Korean red pine features prominently, while in Japanese gardens, cherry blossoms are more prominent, and in Chinese gardens, juniper trees.

Kim says it "takes some time to get the feeling" of each nation's garden, but there are more general philosophical differences. Japanese gardens are more manicured, while Chinese gardens tend to be overwhelming in all aspects. Korean gardens, however, stress naturalization—there is a less human approach. Korean gardens will typically feature a pond, trees, and rocks, left in their natural state or placed in a manner approximating nature. Overlooking the scene, usually on a hill or by the side of the pond, a simple pavilion will be built to provide a panoramic view of the scenery. In larger gardens, such as the famed Huwon Garden of Changdeokgung Palace, several pavilions will be built, each offering its own unique view of the landscape.

Philosophical background

Underpinning the Korean traditional garden is a Korean world view, indigenous to the country and reinforced by imported ideologies such as Buddhism, Taoism, and Confucianism, that reveres nature and seeks harmony of man in his natural environment. In "Korean Gardens: Where Man and Nature Become One," Chung Jae-hoon, Professor of Traditional Landscape Architecture at Korean National University of Cultural Heritage, writes:

> *In particular, Song Confucianism's view of nature strongly influenced Joseon gardens. It was through these influences that Joseon art was created, with its naturalistic style untouched by artifice, while a worldly, practical lifestyle flourished, based on moderation and diligence. Indeed, this led to the development of a highly humanistic and straightforwardly naturalistic culture.*



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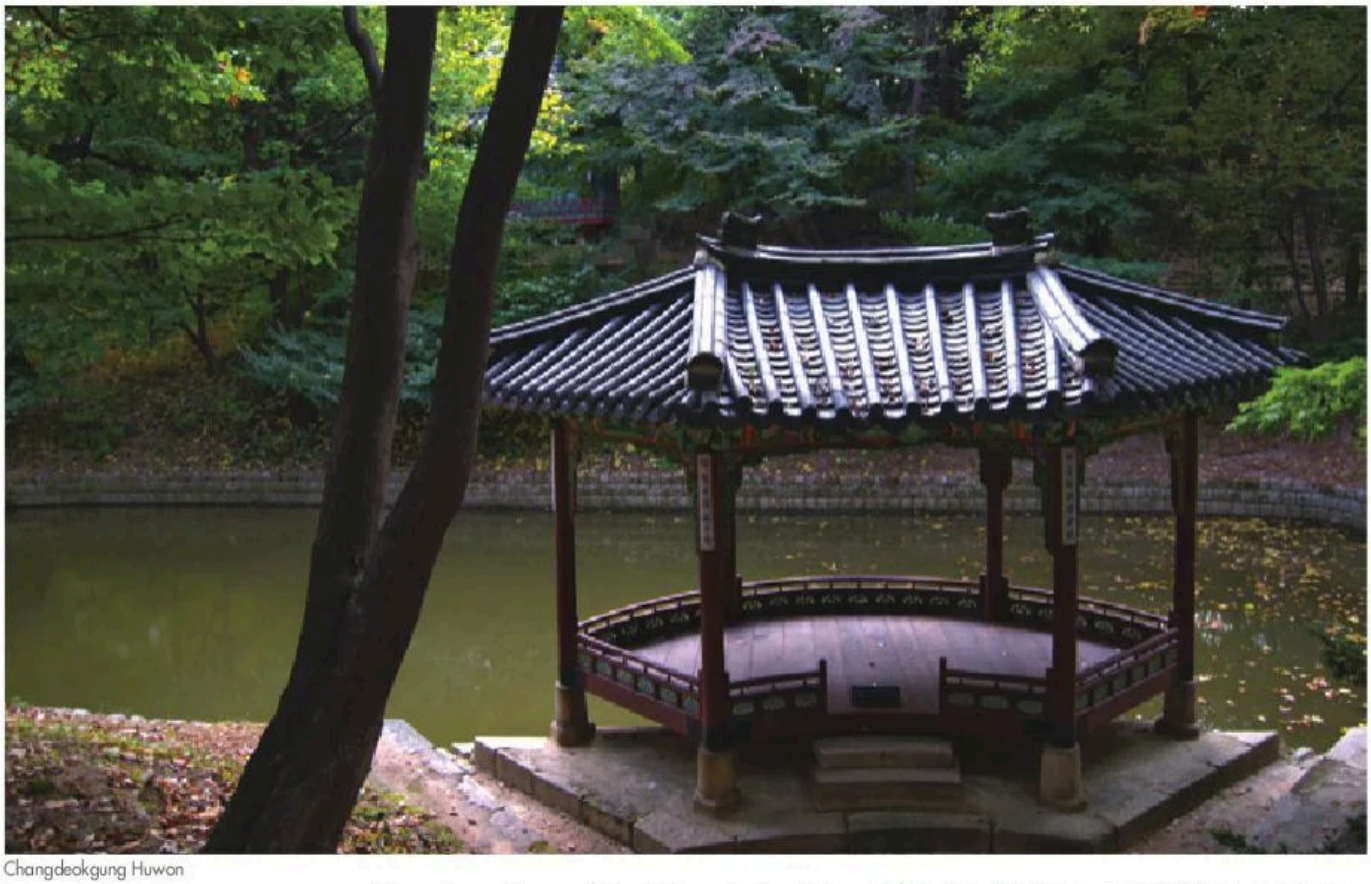


Changdeokgung Huwon

To see the epitome of this philosophy, head to the Juhamnu Pavilion in Changdeokgung Palace. Set atop a terraced hill overlooking Buyongji Pond, the two-story pavilion and pleasure pond is a favorite of former Traditional Garden Society president Kim. "It is particularly typical of the neo-Confucian idea of harmonizing humans, and nature, such as the shape of the island and pond," he explains. Seen from the pavilion, Buyongji Pond is a square, representing the earth, while the circular island in the middle, with its beautiful solitary pine tree, represents heaven. The Juhamnu was the king's personal library and is located close to the palace, at the highest point in the garden. Below the Juhamnu are several other pavilions, each with its own function and meaning.

Beautiful Korean gardens near Seoul

There are several gardens in and around Seoul where visitors can get a better appreciation of the beauty of Korean landscaping.

• **Changdeokgung Huwon:** Generally considered the apex of Korean traditional gardening, this royal pleasure palace behind Changdeokgung Palace—designated a UNESCO World Heritage Site—consists of several ponds and associated pavilions, the most famous of which is Buyongji Pond. Each season presents a different and uniquely beautiful view.
Hours: Guided tours of the garden are given between 10am and 4:30pm (closed Mondays).
Admission: 5,000 won, plus 3,000 won to get into Changdeokgung Palace itself.
Getting There: A short walk from Exit 3 of Anguk Station, Line 3.

• **Seongnagwon:** This retreat garden in Seongbuk-dong consists of three separate areas, an entrance, inner garden, and rear garden. One of the few remaining examples of Joseon-era villa architecture left in Seoul, it is a remarkably tranquil place where you can relax to the sounds of chirping birds and running water. The garden is currently undergoing restoration, which is scheduled for completion in the second half of 2010.
Hours: To be decided
Admission: To be decided
Getting There: Take a taxi from Hanseong University Station, Line 4.

• **Hee Won Garden:** Located on the grounds of the Ho-Am Art Museum in the Seoul suburb of Yongin, this spectacular piece of Korean traditional gardening was built by Samsung in 1997. The extensive grounds are home to a lotus pond, pavilions, Korean stone walls, pagodas and other stone ornaments, and even a rare peacock.
Hours: 10am—5pm (closed Mondays)
Admission: 4,000 won
Getting There: Take bus No. 1113 (Gangbyeon Station, Line 2), 1500 (Hanguk Univ. of Education, Line 3), 1500-2 (Sadang Station, Line 2), 5002, or 5800 (Gangnam Station, Line 2) and get off at Everland. Shuttle buses to the garden depart from Everland's entrance.

MORE UBIQUITOUS THAN 'UBIQUITOUS' ITSELF

SEOUL's introduction to *soju*, the green-bottled elixir your liver loves to hate

Written by Gitte Zschoch | Photographed by Ryu Seunghoo

What I like most about *soju* is the label—those pieces of art attached to poison-green bottles filled with toxic liquids that cause aching heads. Reputable calligraphers like Kang Byung-in (see SEOUL, Oct. 2008) lend their talent to the creation of these beautiful logos, while little toads on the labels of Chamiseul *soju* bottles change color according to temperature.

Ambiguous ads

Soju in Korea is as ubiquitous as the word "ubiquitous" itself. Its popular, green-bottled version is consumed by people of all classes, sexes, and ages. The widely available *soju* is—explaining its affordable price—diluted ethyl alcohol with some added flavors and sweeteners. No mouthful of greasy, grilled pork is complete without a shot of *soju*.

Every generation seems to have its favorite kind of *soju*. College students prefer *soju* cocktails, covering the strong taste of pure chemical alcohol by mixing it with sweet yogurt drinks and fruit juices. To further attract the young and the hip, companies have created lighter versions with lower alcohol contents and slightly sweeter tastes. The older generation, especially the part of it that is male, remains faithful to the more original version, high in alcohol content and pure in taste. It remains unclear whether the *soju* ads featuring sexy women wearing super-short skirts and almost nothing on top are supposed to sell more *soju* to men or to create a younger, hipper image for the drink in general.

Fancy ceramic tradition

But *soju* is not just cheap alcohol in handy bottles. Its original version, distilled from grains and distributed in elegant, fancy ceramic bottles, is still available, and the numerous food blogs on the web testify to a more rewarding taste experience from such "real" kinds of *soju*. Andong *soju* is the most reputable of these, but there are other brands like Hwayo or Ilpoom Andong Soju.

The history of *soju* making on the Korean Peninsula dates back to the Goryeo Dynasty (918-1392). Distilling techniques came from Persia through Mongolia and China. Due to a scarcity of grain, it was first only used for medicinal purposes, but by the Joseon Dynasty several breweries had established themselves, among which Andong Soju, from the Gyeongsang-do region, gained a reputation that lasts to this day.

Ethyl-based oblivion

After Liberation (1948) and the Korean War (1950—53), the diluted ethyl-based *soju* started to become widely available, allowing the people to forget about their tough lives for a while for the small price of a couple of coins. In 1965, in times of poverty and hardship, the use of rice grains for alcohol production was forbidden, so distilleries began to use sweet potatoes and tapioca as substitutes. The ban was only lifted in 1999. The 1970s saw the biggest structural change in the production of *soju*: the government merged local breweries so that only one remained per province, sales being restricted to that region. These regulations have since been loosened, but to this day the dominant *soju* brand in each region is still the local one. Of course, Jinro, being based in Seoul, hit the jackpot with the ever increasing population of the capital city and now holds a share of 55 percent of the *soju* market, having been around since 1924.

It remains whether *soju* can become a popular cocktail ingredient to rank alongside the likes of vodka and gin.

DISCLAIMER

SEOUL magazine advises drinking *soju* and other alcohol only in moderation.

BACK TO SCHOOL

Choosing the best place for your children's education in Seoul

Written by Ben Jackson I Photographs courtesy of Korea International School and Dulwich College Seoul

Seoul is currently home to 21 international schools, with the 22nd due to open on September 2 this year. The city plans to build at least two more by 2012, citing attraction of foreign direct investment and skilled workers as a key reason. A number of high quality international schools are located just outside Seoul, in Gyeonggi-do Province—some have been included here.

Most foreign schools in the city currently teach American-style curricula; many of them profess to be Christian. The establishment of foreign schools must be approved by Seoul Metropolitan Office of Education: after that, they are not subject to monitoring by Seoul city authorities. Many chose to be accredited by the Western Association of Schools and Colleges (WASC); affiliation with organizations such as the Association of Christian Schools International (ACSI) is also common. Several international schools also offer the International Baccalaureate diploma.

Hot issues

Occasional controversy arises over issues such as allocation of the right to operate new international schools financed by Seoul Metropolitan Government. This was the case in 2006, when one religiously-affiliated school was awarded a contract to operate an SMG-financed school on a site in central Seoul. Some were outraged at the prospect of potential religious zealotry and brainwashing of students, while others—including secular parents of students at the school—strongly defended the educational and pastoral performance of the school in question and denied undue religious "brainwashing."

The question of ratio of students with Korean nationality to those with foreign nationality at international schools has also been a source of friction. With perception of educational standards and entry into foreign universities as high at many foreign schools, competition among Korean students for places can be equally fierce, if not more so, as that among foreign students. The proportion of Korean nationals is legally limited to 30% of students in

most cases (at Dulwich College Seoul the figure is 25%).

Alternatives to international schools include Korean schools—with language being the main barrier for most short-term expatriates—and home schooling.

Here, SEOUL introduces some of the leading international schools and gives a breakdown of the remainder.

Dulwich College Seoul

Though a newcomer to Seoul's international school scene, Dulwich College has three sister schools in China in addition to Dulwich College in London—one of Britain's top public schools. Opening on September 2 this year, Dulwich will initially offer education from Nursery to Year 6 (ages 3 to 11), with a capacity of 500. Being a secular school that bases its teaching on the English National Curriculum makes Dulwich appear distinct from the many Christian, American curriculum-based schools in Seoul, though this is to some extent a question of labels and it remains to be seen what environment develops between students, staff and parents.

A secondary school is also being planned.

In addition to a strong emphasis on numeracy, science, literacy and IT skills, the primary age curriculum will offer specialist subjects, taught by specialist teachers, including PE, music, drama and Mandarin (a feature acquired through Dulwich's Chinese schools).

Annual fees of 24.8 million won for each level, including nursery school, place Dulwich at the more expensive end of the scale for its age group.

Location: Banpo-dong, southern Seoul
T: (02) 501-9740
Motto: *Detur pons mundo* ("Building bridges to the world")
Conclusion: Unknown quantity with exciting prospects—let's see what reputation develops.
Website: www.dulwich-seoul.kr

Korea International School

First established in 1999, Korea International School (KIS) now has a new state-of-the-art main campus outside Seoul in the new town of Pangyo, while its original Gaepo campus was recently remodeled and houses an Early Years program for children aged three to six years old.

KIS is proud of its university matriculation record, which it makes public on its website. Between 2006 and 2009, students from all four graduating years were accepted 568 times at 130 institutions in 6 countries. The class of 2009's average GPA was 3.27. KIS's other strong points include a strong array of recently-built facilities, a wide range of clubs and activities, and a one-to-one laptop scheme whereby every student in grades 6 through 12 is provided an Apple laptop. KIS is a secular school, welcoming those of all faiths and the faithless. The school's student newsletter, the *KIS Pheonix Plume*, is particularly impressive.

Fees for elementary, middle and high school are combinations of high sums in Korean won and lower sums in US dollars, which work out at similar rates to other schools such as SFS and Gyeonggi-Suwon International School.

Location: Pangyo, Gyeonggi-do Province (Elementary, Middle and High); Gaepo-dong, Gangnam (Early Years)
T: (031) 789-0505 (Pangyo); (02) 561-0509 (Gaepo)
Mission Statement: ...To inspire students with a passion for learning, and to cultivate the competence, self-assurance, initiative, and creativity necessary for success in the global community.
Conclusion: Strong academic performance plus good portfolio of extra-curricular activities.
Website: www.kis.or.kr

Seoul Foreign School

SFS has been going since 1912 and is one of the capital's better-established and biggest international schools. It has around 1,500 students at elementary to high school level. SFS also has a British school, which follows the English National Curriculum while the remaining elementary, middle and high schools follow a U.S-style curriculum. Students in the 11th and 12th grades can also choose to take the highly-regarded International Baccalaureate (IB) diploma program.

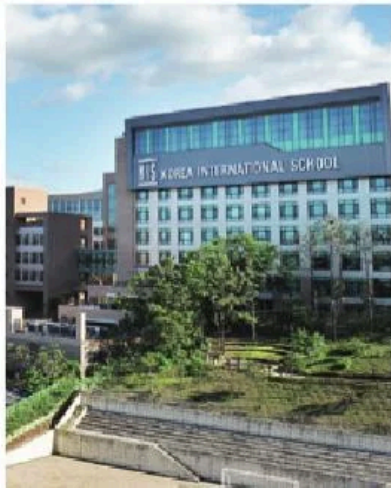
Although SFS describes itself as "centered in Christ," the school says that it accepts and welcomes students from all religious backgrounds, that is does not have weekly chapels, is not affiliated with any particular denomination or church; rather, it "seeks to hire only practicing Christians who are also exceptional and experienced teachers," the idea being that faculty members show students what Christianity is really about.

Graduates of SFS get into a wide range of high-standard universities overseas, especially in the U.S.A. It has good student:faculty ratios—9:1 in the high school and 10.2 in the British school (2007-2008).

Location: Yeonhui-dong, Seodaemun-gu, Seoul
T: (02) 330-3100
Motto: *Domine dirige nos* ("Lord, direct us")
Conclusion: Well-established and academically sound. Much larger than most other international schools in Seoul.
Website: www.sfs.or.kr

DULWICH COLLEGE SEOUL

KIS



© Dulwich College Seoul

Other international schools at a glance...

	Phone	Location	Website	Levels	Accreditation	Curriculum	S:F Ratio	No. of students	Religion
Centennial Christian School	02-772-9275~6	Yongsan-dong 2-ga, Yongsan-gu	www.ccslions.com	El, Se	WASC	U.S-style	6 to 1	170	Christian
Global Christian School	02-797-0234	Hannam-dong, Yongsan-gu	www.gcskorea.org/GCS/main.htm	Ki, El, Mi, Hi	ACSI	U.S-style	8 to 1	80	"Christ-centered"
Gyeonggi-Suwon International School	031-695-2800	Yeongtong-dong, Suwon (Gyeonggi-do)	www.gsis.sc.kr	El, Mi, Hi	WASC, EARCOS, KORCOS, KAIAC, ACSI, IB DP	U.S-style; IB program	Approx 6 to 1	885	"Christian environment"
Korea International Christian School	031-913-9105	Madu-dong, Goyang (Gyeonggi-do)	www.ilsancs.com	El, Se	ACSI membership	U.S-style with strong Christian element	12 to 1	Approx 100	"serves Christ and His church..."
Korea Kent Foreign School	02-2201-7091	Guui-dong, Gwangjin-gu	www.kkfs.org	Ki, El, Mi, Se	WASC	U.S-style	20 to 1 (El), 18 to 1 (Mi/Hi)	Capacity is 300	Secular
Namsan International Kindergarten	02-2232-2451~2	Sindang-dong, Jung-gu	www.nik.or.kr	Ki (3—5 yrs old)	NA	—	NA	NA	NA
Rainbow International School	02-571-2917	Yangjae 1-dong, Seocho-gu	www.rischool.org	El, Mi	NA	"basic curricula"	6 to 1	90	Secular
Seoul Academy International School	02-554-1690	Daechi-dong, Gangnam-gu	www.seoulacademy.net	Pre-K, Ki, El, Mi	NA	NA	NA	NA	NA
Seoul Foreign School - British	02-330-3100	Yeonhui-dong, Seodaemun-gu	www.seoulforeign.org	Reception—Yr 9	—	ENPS, NC	NA	NA	NA
Seoul International School	031-750-1200	Bokjeong-dong, Seongnam (Gyeonggi-do)	www.siskorea.org	El, Mi, Hi	NA	U.S-style	NA	NA	"non-denominational"
St. Paul Preparatory Academy – Korea	02-3462-8850	Yangjae-dong, Seocho-gu	sppakorea.webs.com	Mi, Hi	TBC	"American liberal arts"	NA	90	Secular
Yongsan International School of Seoul	02-797-5104	Hannam 2-dong, Yongsan-gu	www.yisseoul.org	El, Mi, Hi	WASC, ACSI	based on U.S. system	NA	NA	NA
Non-English language schools									
Deutsche Schule Seoul International	02-792-0797	Hannam-dong, Yongsan-gu	www.dsseoul.org						
Hanseong Hwagyo elementary school	02-776-3728	Myeongdong 2-ga, Jung-gu	www.hanxiao.or.kr						
Japanese School in Seoul	02-574-0348	Gaepo-dong, Gangnam-gu	www.sjshp.or.kr						
Lycée Français de Séoul	02-535-1158	Banpo 4-dong, Seocho-gu	www.lfseoul.org						
Lycée International Xavier	02-396-7688	Gugi-dong, Jongno-gu	www.xavier.sc.kr						
Korea Mongolian School	02-3437-7078	Gwangjang-dong, Gwangjin-gu	www.mongolschool.org						
Overseas Chinese High School	02-334-7217	Yeonhui 3-dong, Seodaemun-gu	www.scs.or.kr						
Seoul American High School	02-738-5261	Hangangno 1-ga, Yongsan-gu	www.seoul-hs.pac.dodea.edu	Seoul American High School is only for the children of U.S Department of Defense personnel or military subcontractors. For more information, contact the school directly.					

Key: ASCI = Association of Christian Schools International, EARCOS = East Asia Regional Council of Overseas Schools, El = elementary school, IB = International Baccalaureate, IIA = information not available, KAIAC = Korean-American Interscholastic Activities Conference, Ki = Kindergarten, KORCOS = Korean Council of Overseas Schools, Mi = middle school, Pre-K = pre-kindergarten, Se = secondary school, SMOE = Seoul Metropolitan Office of Education, WASC = Western Association of Schools and Colleges

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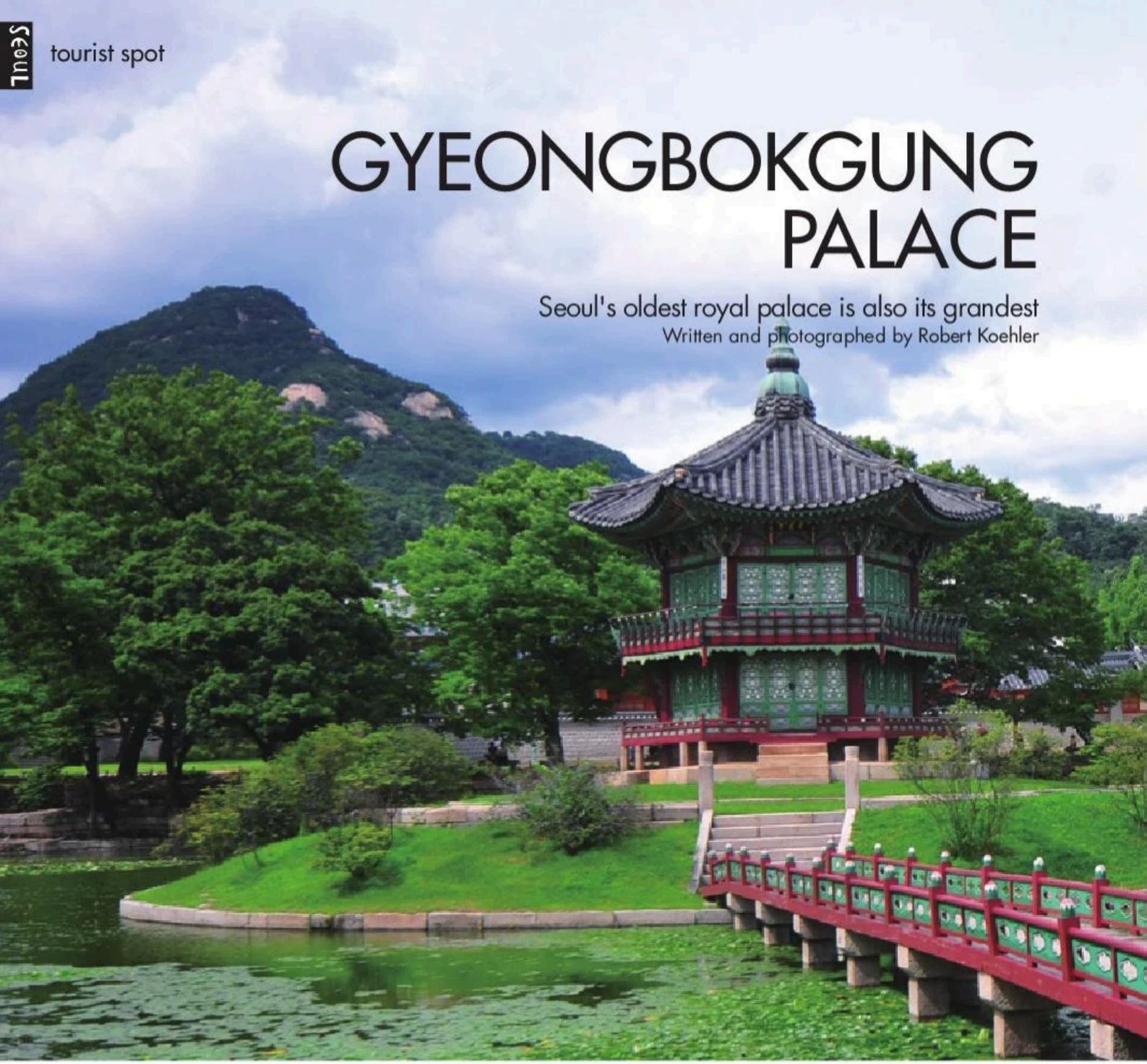
For more information call 031. 789. 0505 www.kis.or.kr

GYEONGBOKGUNG PALACE

Seoul's oldest royal palace is also its grandest

Written and photographed by Robert Koehler



MORE INFORMATION

Hours: 9am—6pm (ticketing ends at 5pm). Closed Tuesdays.
Admission: 3,000 won (adults), 1,500 won (ages 7—18). Free for children under 6.
T. (02) 3700-3900
Getting There: Five minute walk from Exit 5 of Gyeongbokgung Station, Line 3.

Changing of the Guard
Reenactments of the old royal Changing of the Guard ceremony take place every hour on the hour from 10am to 4pm.

When King Taejo founded the new kingdom of Joseon in 1392, one of the first orders of business was to move the royal capital from the ancient city of Kaesong (now in North Korea) to Seoul. A royal capital needs a palace, so in 1394 work began on a residence fit for a king. A prime site was selected in accordance with the laws of *feng shui* at the foot of Mt. Bugaksan, Seoul's guardian mountain to the north.

The new palace was named Gyeongbokgung, or "Palace Greatly Blessed by Heaven." It was the heart of Korea for much of the early Joseon era (1392—1910), including the golden age under the brilliant King Sejong the Great (r. 1418—1450). During the Japanese invasions of 1592—1598, the palace was largely destroyed by fire, but it was rebuilt in 1867 to serve once again as the primary royal residence. The reconstructed palace was a massive complex with gardens, ponds, courtyards and no fewer than 330 halls.

Large parts of the palace were destroyed during the Japanese colonial era (1910—1945), but restoration efforts have been ongoing since Korea regained its independence in 1945. Along with Changdeokgung Palace, it is considered one of the jewels of Joseon architecture, with its grand wooden halls, beautiful ponds and spectacular scenery set against the backdrop of Mt. Bugaksan. It is one of the most visited tourist destinations in Korea, as well as home of two of the country's most important museums, the National Folk Museum and National Palace Museum of Korea.

Highlights

Geunjeongjeon Hall
Built in 1867, the massive throne hall projects the majesty of the Joseon kingdom.

Gyeonghoeru Pavilion
Built on an island surrounded by a large pond, the Gyeonghoeru was used for royal banquets.

Hyangwonjeong Pavilion
One of the most photographed scenes in Korea, this pavilion, located on a small island in a pond, is connected to the palace grounds by a long wooden bridge. It blends in perfectly with the hills that form its backdrop.

National Palace Museum of Korea
Housing over 20,000 relics from Korea's royal palaces, this museum in the southwest corner of the palace complex is a must see. Hours: 9am—6pm (7pm on weekends). Closed Monday. Admission: Free.

National Folk Museum of Korea
Located on the east side of the palace complex, this impressive museum, modeled on a number of historic Korean buildings, is dedicated to Korea's folk history. Hours: 9am—6pm (7pm on weekends). Closed Tuesday. Admission: Free.

ONLY THE BEST

Korea Global Healthcare Association strives to promote Korea's high quality health care

Written by Robert Koehler | Photographs courtesy of KGHA

The Korea Global Healthcare Association (KGHA) is a Ministry of Health and Welfare-recognized association representing hospitals that treat foreign patients. In order to reassure foreign patients and ensure they get treatment, it selects and certified what it calls "Korea Best Hospitals & Clinics for International Patients" on an annual basis. Hospitals receiving certification must be recognized by the Ministry of Health and Welfare as health facilities that can treat foreign patients and have specialized medical technology trusted within the medical world. They should also have foreign language treatment forms, a coordinator for international treatment, malpractice insurance, and undergone training to be certified as an international hospital. In short, hospitals certified by the (KGHA) must be perfectly prepared to treat foreign patients.

Korea Global Healthcare Association

A global contender

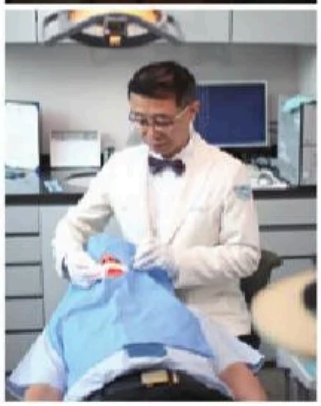
Korea's medical technology has developed to a point that it is being recognized globally. The government, too, has been cultivating the medical sector as a new engine of growth for the Korean economy. A key part of this effort has been an active push to draw overseas patients to Korean hospitals that offer high-quality medical care at very competitive costs.

Despite Korea's outstanding medical infrastructure and the government's concerted push, the Korean medical tourism industry still has issues to resolve. One issue has been the relative estrangement of private hospitals, which form the basis of Korea's medical talent pool, from government efforts. As a result, the potential of private hospitals has yet to be industrialized.

The KGHA was founded in 2009 to help rectify this. Centered on the tourism industry—including travel agencies and hotels—and private hospitals, the association aims to provide the best care possible by top medical teams composed of cosmetic surgeons, dermatologists, urologists, ophthalmologists, dentists and Eastern medicine practitioners, and includes experts in finance, insurance and even law to provide direct and indirect support. It strives to help the government provide effective support to private hospitals and tourism-related industries, which have been weak in the fields of overseas promotions and information sharing, and unify opinions between the government and private groups. It also works to educate health care professionals, institute systemic reforms and create safety mechanisms to boost the quality of health care and patient satisfaction and raise national credibility so that Korea can take its place as a rising star in the field of advanced medical tourism.

Success stories

The hospitals selected this year by the KGHA for certification have been making names for themselves. Recently, the CEO of a US-based multinational stopped into Korea after a trip to his company's overseas branches in Thailand and Singapore. Although on business, he used his free time to visit a dentist. Thailand and Singapore are also known for their medical tourism agencies, of course, but he'd heard that Korea's medical technology was better than Thailand's, and medical services were cheaper than Singapore's. While at Ye Dental Hospital, a clinic quite popular with foreign patients, he

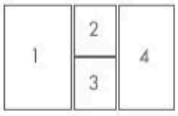


heard about Korea's recently developed "Human Bridge," an alternative to implant surgery. Sold, he scheduled an appointment for that day. Treatment took 30 minutes, followed by a visit the next day to complete the procedure. He went home to the United States with a new tooth for 60% the cost of an implant. Another 2010 recipient, Clear Vision Eye Center in Gangnam was recently praised by Dr. John A. Vukich, a clinical trials expert with the US FDA, who called the level of care provided there above that of developed nations. With 12 specialists, Clear Vision Eye Center was the first hospital in Korea to adopt LASEK, and provides all sorts of corrective treatments, including LASIK and lens implants. It has the perfect infrastructure for foreign patients, including international certification from the FDA, CE and others, cutting-edge technology, technique-sharing through cooperative networks with foreign hospitals, a foreign language call center, foreign patient coordinator and foreign language homepage.

Profiles in excellence

Over the coming months, SEOUL will introduce the hospitals of the Korea Global Healthcare Association (KGHA). Hospitals include dental clinics, cosmetic surgeons, eye clinics, gynecologists, dermatologists and Oriental medicine practitioners. Got a toothache? Want to lose your glasses? These are some of the best in the business in Korea, so why not give them a try?

The hospitals and clinics featured in this article are marked in our Maps & Guides supplement with the following symbol:



1. Clear Vision Eye Center
2.OracleLand
3 & 4. Ye Dental Hospital

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Ye Dental Hospital
Dentistry
T. (02) 556-1393 kangnam.yedental.com

Real Cosmetic Clinic
Cosmetic Surgery
T. (02) 512-1616 www.realcosmetic.com

Clear Vision Eye Center
Opthalmology
T. (02) 501-6800 www.bseye.com

RIZ OB/GYB
Obstetrics and Gynaecology
T. (02) 540-8811 www.iriz.co.kr

UNHP Center
Obesity
T. (02) 540-7787 www.unhp.co.kr

Modern Dental Clinic
Dentistry
T. (02) 792-1818 www.modern-dental.co.kr

OracleLand
Dermatology
T. (02) 544-2777 www.skinland.com

Pyunkang Clinic
Oriental Medicine
T. (02) 518-7777 www.wwdoctor.com

* Selected by KGHA

OF WIND, STONE AND WATER

Danyang's caves, mountains and lakes provide summer respite and endless scenic wonder

Written by Matt Van Volkenburg I Photographed by Ryu Seunghoo

Dodam Sambong

Nestled in the mountains of Chungcheongbuk-do Province, Danyang County has been hailed for its natural beauty since the early days of the Joseon Dynasty. Situated on a curve of the meandering Namhangang River, the town of Danyang is surrounded by a landscape where successive ridges of mountains disappear into the distance; stark, limestone cliffs tower overhead; and the most spectacular views are found in the least expected places.

international

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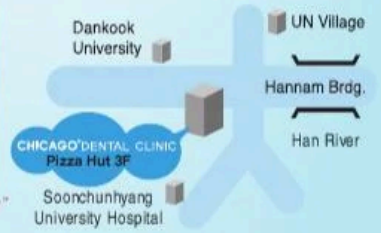

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시카고치과
CHICAGO DENTAL CLINIC

Going underground

Used as shelter by humans during the Paleolithic Era, the 1,700 meter long Gosu Cave is today host to a gallery of sculptures formed naturally over thousands of years. Here, stone in every shape, texture, and form can be seen. As visitors enter the cave's cool depths, hundreds of meters of walkways and stairs serve to guide them through the cave's labyrinth of subterranean chambers, each one displaying different rock formations. The subdued lighting inside the caves certainly contributes to the effect of the endless geological variations on display. Jagged stalactites may hang suspended over pools of water at one moment, but go around a bend and softly flowing curtains of stone rest overhead. Visitors may peer up at columns of stone that extend to the roof a three story high cavern, or they may view tiny cave coral while crouching through a narrow passageway. Nearby Cheongdong Cave offers similar visual experiences and houses such features as underwater mushroom-shaped stone, but due to its tight spaces it is for the more adventurous. Needless to say, those with a large waist size, fear of heights, or claustrophobia may want to give the caves a pass.

Where water and stone meet

For those who prefer to explore in more open spaces, Danyang offers many other options. The Danyang Palgyeong, or Eight Scenic Wonders of Danyang, present visitors with landscapes that juxtapose stone and flowing water.

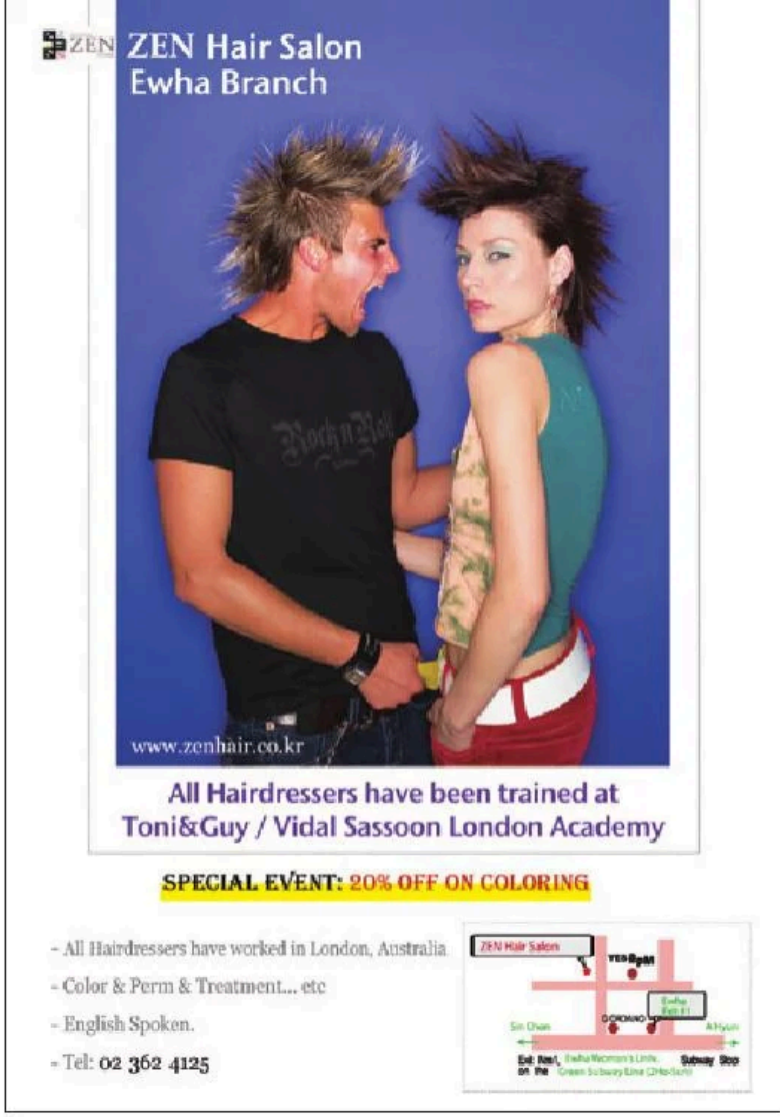
Closest to town is the Dodam Sambong, three stone peaks that rise out of the Namhangang River. Resting on the center peak is a traditional pavilion, and the beauty of the view, especially when the river is shrouded in fog, has been the subject of poetry and paintings for hundreds of years. It's been memorialized by the likes of Toegye Yi Hwang, then a magistrate of Danyang (and now at home on the thousand won bill), and painted by Kim Hong-do, one of the greatest painters of the Joseon Dynasty. The peaks are said to represent an angry wife turning away from her husband who has taken a concubine in order to secure a male heir.

Another fascinating scene can be found just north of Dodam Sambong, where one can ascend a hill to view Seongmun ("stone gate"), which is said to be the largest stone arch in Asia. There's conjecture that it may be the remains of an opening to a cave that long ago collapsed, but no one knows for certain its

origin, which has helped contribute to its mystery. Through the foliage-covered stone archway, the Namhangang River and a small village on its far side can be seen in the distance. Both Seongmun and Dodam Sambong can be viewed from the water in a pleasure boat.

Of Danyang's Eight Scenic Wonders, Seongmun and Dodam Sambong are among the easiest to reach, being only four kilometers from the town of Danyang. Further afield are Sangseonam Rock, Jungseonam Rock, and Haseonam Rock, all boulder formations bathed in the waters of the Seonam Valley and tied to Joseon Dynasty-era history, and Sainam Rock, a soaring, fractured cliff seemingly made of square stones.

Perhaps the most picturesque trip involving the Danyang's Eight Scenic Wonders, however, is the pleasure boat cruise from Janghoe Ferry on Chungju Lake. What makes this a trip that should not be passed up is the natural spectacle of Chungju Lake ringed by mountains, many of which feature limestone cliffs that soar out of the water. Among these are the last of the Eight Scenic Wonders: Gudambong Peak, which is said to resemble a tortoise when reflected in the water, and Oksunbong Peak, which centuries ago was declared to be the gate to Danyang by Toegye Yi Hwang.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1. Gosu Caves
2. Bring a toothbrush

WHAT TO EAT

Danyang is known for its garlic, and there's no better place to try it than Doljip Sikdang, where customers are willing to drive from the next province to enjoy such dishes as *maneulssamjeongsik*—a *table dhôte* featuring *bossam* (steamed pork, eaten with leaf vegetables), garlic *dolsotbap* (mixed rice and vegetables in a stone pot), and side dishes such as whole roasted garlic. Wangneung Sutbul Galbi offers garlic *galbi* (marinated short ribs), while Danyang Jeontong Sundubu offers the most flavorful *dotorimuk* (acorn jelly) this writer has ever tasted. All of these restaurants are on the same street as Gosu Bridge.

WHERE TO STAY

There's no shortage of accommodations in Danyang. The street along the waterfront is home to many hotels and motels, ranging from the Danyang Tourist Hotel (120,000 won per night and up) to more modestly priced places like the Napoli Motel (50,000 won).

GETTING THERE

Buses to Danyang run every hour on the hour from Dong Seoul Bus Station and take two-and-a-half hours. Trains leave Cheongnyangni Station every hour or so and take over three hours. Taking a pleasure cruise from Danyang or Janghoe Ferry to Chungju is possible at certain times of the year, but it's best to check with the Tourist Information Center, at the far end of Gosu Bridge, for availability. Most of Danyang's sights can be reached by local buses, which run every half hour.

FIRST ENCOUNTERS WITH KOREAN FOOD

SEOUL's Editor-in-Chief, Robert Koehler, offers a select handful of Korean restaurant recommendations for absolute novices.

All restaurants marked in Maps & Guides by B

Korean Meat Dishes

Popular Korean meat dishes include *galbi* (ribs, either beef or pork), *bulgogi* (marinated beef grilled atop an open flame) and *samgyeopsal* (Korean-style bacon). Meat is typically eaten wrapped in a lettuce leaf with condiments.

Bamboo House
T. (02) 555-6390
Hours: 11:30am—2:30pm, 5:30pm—10:30pm
Prices: 40,000 won and up
Getting There: Exit 7, Yeoksam Station, Line 2. Walk 10 minutes in the direction of Gyeonbok Apartments (or take a cab — if you're eating here, money is clearly not an issue)
Pricey; does some of Korea's best barbecue and grill in a multilingual setting. Housed in a stunning Frank Gehry-esque building.

Cheolgil Wang Galbisal
T. (02) 332-9543
Hours: 24 hours
Prices: Around 25,000 won
Getting There: Exit 5, Hongik University Station, Line 2. Walk 20 minutes in the direction of the Sanollim Theater—the restaurant is in the alley across from it.
Wonderful beef *galbi*; outstanding bean-paste stew. Very popular.

Maple Tree House
T. (02) 730-7461
Hours: 11:30—10pm
Prices: Around 30,000 won
Getting There: Exit 1, Anguk Station, Line 3. Walk about 20 minutes along Samcheong-dong road—the restaurant is near Korea Banking Institute.
Samgyeopsal with a beautiful wooded garden in Samcheong-dong.

Gogung
T. (02) 736-3211
Hours: 11am—9pm
Prices: Around 10,000 won
Getting There: Exit 6, Anguk Station, Line 3. Located in the basement of Ssamji-gil in Insa-dong.
The southwestern city of Jeonju does the best *bibimbap* in Korea. Gogung is the next best option.

Bon Bibimbap
T. (02) 736-4288
Hours: 9:30 am—10pm
Prices: Under 10,000 won
Getting There: Exit 3, Jonggak Station, Line 1. Walk towards Tapgol Park. Hang a left right before the park. Gogung is right there, across from the park, near the entrance to Insa-dong.
The flagship store of this chain does an assortment of *bibimbap* at reasonable prices.

Bibimbap

Simple dish of rice mixed with seasoned vegetables and red pepper sauce. Gwyneth Paltrow likes it. Served in a metal/plastic bowl or a stone pot (*dolsot bibimbap*).

Soups and Stews

Many tasty options include *doenjang jjigae* (soybean paste stew), *kimchi* jjigae (kimchi stew), *sundubu jjigae* (tofu stew), *seollangtang* (milky beef soup) and *samgyetang* (chicken ginseng soup).

Toetmarujip Doenjang Yesul
T. (02) 739-5683
Hours: 10:30am—10pm
Prices: 10,000—20,000 won
Getting There: Exit 5, Jongno 3ga Station, Line 5. Enter Insa-dong. Face the Seoho Art Gallery at the Insa-dong Intersection and make a left into the alleyway.
Hearty North Korean-style *doenjang jjigae*; traditional ambiance. Particularly popular is the *doenjangbibimbap* (rice mixed with vegetables and soy bean paste stew).

Bukchon Gamasot Seolleongtang
T. (02) 725-7355
Hours: 11:00am—10:30pm
Prices: 6,000—10,000 won
Getting There: Exit 1, Anguk Station, Line 3. Located in alley in front of Jeongdok Public Library.
Korean traditional building.
Specializes in *seolleongtang*; also has good *manduguk* (dumpling soup) and other dishes. Food served on Korean traditional ceramics.

Tobang
T. (02) 735-8156
Hours: 10:30am—10pm
Prices: Around 5,000 won
Getting There: Exit 6, Anguk Station, Line 3. Enter Insa-dong. Tobang is on the left.
Standard Korean fair like *kimchijjigae*, *dubujjigae* and *doenjangjjigae*. Also famous for its marinated crab side dish.

Jiho Hanbang Samgyetang
T. (02) 916-3999
Hours: 11am—10pm
Prices: 12,000—14,000 won
Getting There: Exit 2, Mia Samgeori Station, Line 4 and walk 10 minutes to Dongseong Car Inspection.
Samgyetang is a Korean summer specialty. A young chicken is stuffed with rice and boiled in a broth of ginseng, jujube, garlic and ginger.

Myeong-dong Gyoja
T. (02) 776-5348
Hours: 10:30am—9:30pm
Prices: Under 10,000 won
Getting There: Exit 4, Euljiro 4-ga Station, Line 5. Swing a right at the first alley.
Quite possibly the best Pyongyang-style *naengmyeon* outside of North Korea. This legendary eatery also does outstanding meat dishes but is highly expensive. Choice of *mulnaengmyeon* (served in a mild, chilled beef broth) or *bibimnaengmyeon* (served with spicy red pepper sauce).

Jaha Son Mandu
T. (02) 379-2648
Hours: 11am—9pm
Prices: Around 10,000—35,000 won
Getting There: Exit 5 of Gyeongbokgung Station, Line 3. Take a taxi from there, as it's a long walk.
This place in lovely Buam-dong does a variety of *mandu* dishes.

Woo Lae Oak
T. (02) 2265-0151
Hours: 11:30am—10pm
Prices: 10,000 and up
Getting There: Exit 4, Euljiro 4-ga Station, Line 5. Swing a right at the first alley.
Quite possibly the best Pyongyang-style *naengmyeon* outside of North Korea. This legendary eatery also does outstanding meat dishes but is highly expensive. Choice of *mul naengmyeon* (served in a mild, chilled beef broth) or *bibimnaengmyeon* (served with spicy red pepper sauce).

Dumplings and Noodles

Korea does a number of unique noodle dishes, including *kalgukgsu* (knife-cut wheat noodles in a rich broth) and *naengmyeon* (chilled buckwheat noodles). *Mandu* (Korean-style dumplings) are also popular.

Hanjeongsik/Palace Cuisine

Hanjeongsik is a full-course Korean meal featuring rice, soup and a table full of side dishes; palace cuisine is Korean traditional cooking at its most sublime.

Dalhangari
T. (02) 733-7902
Hours: 11:30am—10pm
Prices: Around 25,000 won
Getting There: Exit 1, Anguk Station, Line 3. Walk along Samcheong-dong road until you get to the Prime Minister's Residence. Dalhangari is in front of it.
Organic Korean home-style *hanjeongsik* that is both tasty and good for you.

Yongsusan
T. (02) 732-3019
Hours:noon—3pm/6pm—10pm
Prices: 38,000—125,000 won
Getting There: Exit 3, Anguk Station, Line 3. Walk towards Changdeokgung Palace, and swing a left. Keep walking till you see Yongsusan on your left.
Goryeo-style royal cuisine served in a beautiful setting. Highly recommended.

Goongyeon
T. (02) 3673-1104
Hours: noon—9pm
Prices: 30,000—92,000 won
Getting There: Exit 1, Anguk Station, Line 3. Turn right at Anguk Intersection and walk to Jaedong Elementary School. Swing a left at the intersection across from the school.
Run by a master chef who studied old manuscripts to rediscover proper Korean court cuisine.

Seokparang
T. (02) 395-0265
Hours: noon—3pm/6pm—10pm
Prices: Around 45,000—100,000 won
Getting There: Exit 3, Gyeongbokgung Station, Line 3. Take Bus 0212, 1020, 1711, 7018, 7022 to Sangmyung University. The restaurant is a Korean-style building near there.
Housed in a Joseon-era villa, this lovely eatery specializes in Joseon royal cuisine, served on antique antique ceramics.

Sanchon
T. (02) 735-0312
Hours: 11am—10pm
Prices: 22,000 won (lunch), 39,600 won (dinner)
Getting There: There: Exit 6, Anguk Station, Line 3. Head down Insa-dong and turn left into the alley at Atelier Seoul. Sanchon is at the end of the alley.
One of the ten best restaurants in Asia, according to Asia Wall Street Journal in 2007. Run by a Buddhist monk. Temple cuisine accompanied by Korean traditional music and dancing.

Baru (Temple Stay Information Center)
T. (02) 2031-2081
Hours: 11am—2:30pm, 5:30pm—9pm
Prices: 25,000—50,000 won
Getting There: Exit 2, Jonggak Station, Line 1. Walk 70m to Jogyesa Temple. The Temple Stay Information Center is across the street.
On the fifth floor of the Temple Stay Information Center. Serves Buddhist temple cuisine.

Vegetarian

Korea probably could not in fairness be called a paradise for vegetarians, but vegetarian food can be scored if you know where to look.

Quick Korean Eats

Don't have time for a full meal? There are plenty of places to score low priced, quickly-served food like *gimbap* (rice rolls), *ramyeon* (instant noodles) and *tteokbokki* (spicy rice cakes).

Gimbap Cheonguk
Hours: 24 hours
Prices: Under 5,000 won
A chain with shops almost everywhere, this place serves good, cheap Korean fair, including *gimbap*, and noodle dishes.

Sindang Tteokbokki Alley
Hours: 24 hours
Prices: 10,000—20,000 won
Alleyway near Sindang Station lined with restaurants doing *tteokbokki*, one of Seoul's signature dishes.
Rice cakes pan-fried with a spicy red pepper sauce, vegetables, dumplings and noodles: cheap, filling and tasty.

MORE INFORMATION

Mungyeong Omija Experience Village
T. (054) 553-5244
Homepage: www.mgomj.co.kr (in Korean)

GETTING THERE

To Mungyeong: Buses to Mungyeong (Jeomchon) depart from Dong Seoul Bus Terminal. The trip takes about two hours.
To Omija Experience Village (from Mungyeong): From Jeomchon's city bus terminal, take a bus bound for Dongno-myeon and get off at Dongno-myeon Sojaeji. Buses depart hourly, and the trip takes about 40 minutes.

MORE HELPFUL INFO

To find out more about Mungyeong *omija*, *omija* products and *omija*-related events and programs, give the very friendly and English-speaking Kim Mi-ja a call at (054) 550-8261.

MUNGYEONG OMIJA: HANDS-ON

Experience the magic of Mungyeong's wonder berry at Omija Experience Village

Written by Robert Koehler I Photographs courtesy of Mungyeong City

The small town of Mungyeong, located at the foothills of the high Sobaeksan Mountains, is unique in Korea as the only municipality in which *omija* cultivation has been named a special industry. The town has been known for centuries for its fine *omija* berries, regarded during the Joseon era (1392—1910) as a specialty good of the region. Today it is Korea's largest producer of *omija*, with the area around the village of Gansong-ri in Mungyeong's Tongno-myeon hamlet designated a special industrial zone for *omija* production.

Pristine mountains between the two rivers

Mungyeong *omija* is grown in the town's pristine mountain regions. Of the 690km of the South Korean half of the Baekdu Daegan mountain range, some 110km of the range are found in Mungyeong. In fact, Mungyeong is the watershed between the Hangang and Nakdonggang River valleys. It is considered the optimal conditions for *omija* cultivation, with elevations of over 300m, and is the largest zone of distribution for wild omija.

The special industrial zone for *omija* around Gansong-ri employs stable, environmentally friendly agricultural production techniques tailored for consumer tastes. The result has been a dramatic increase in the production of *omija*. Between 2005 and 2009, land for *omija* cultivation increased from 178 ha to 550 ha, while production increased from 600 tons to 2,500 tons, accounting for 45% of total national *omija* production. As of 2009, some 709 farming families were involved in *omija* cultivation.

Omija Village and hands-on programs

On the southern slopes of the Woraksan Mountains, a branch of the Baekdu Daegan range, you can find a small village. With the beautiful peaks of Mt. Daemisan and Mt. Hwangjangsan just behind it, it is popular with hikers, and the granite face of Chotdae Bawi (Candle Rock) draws many rock climbers. The village is also popular with tourists thanks to its splendid natural scenery, the pure mountain waters of the Geumcheon Stream that flows in front of the village, and its proximity to other scenic sites like the Gyeongcheon Lake Dam and Mungyeong Sae Jae Provincial Park.

In 2006, this village was designated Omija Experience Village. Equipping itself with the necessary facilities (such as visitor houses, a seminar room, a swimming pool and even a sauna), the community allow visitors—city slickers in particular—to experience rural village life and the charms of environmentally friendly *omija* cultivation. Every harvest season, it and the rest of the hamlet of Dongmyo-myeon host the popular Mungyeong Omija Festival.

Hands-on programs are held all-year around, although the program schedule itself changes to suit the seasons. There are programs for students, families, individuals, city housewives and the elderly. Programs consist of light farm work, lessons on how to prepare *omija*-based foods, dying programs, cultural programs and more (again, specific activities depend on the season). Foodies will no doubt love the wide range of *omija*-related dishes, including the *omija* barbecues, and markets give visitors a chance to buy high-quality *omija* products at reasonable prices.

AT THE PEAK OF HIS POWERS

Hiker and author Roger Shepherd wants to share Korea's mountain beauty with the world

Written by Ben Jackson I Photographed by Ryu Seunghoo

Roger Shepherd has been enticed out of a mountain hermitage in Korea's deep southwest and now sits in Seoul Selection's bookshop, entertaining a group of journalists. After a series of ever longer periods of unpaid leave that culminated in his resignation from the New Zealand Police at the end of last year, he now spends most of his time in rural Korea, staying in hermitages and monasteries and walking. Hot on the heels of the July release of his new book, "Baekdu-daegan Trail: Hiking Korea's Mountain Spine," Shepherd speaks to SEOUL about the experiences that led to the publication of perhaps the most detailed English-language guide to this hugely important mountain range.

Along the artery

"The Baekdu-daegan is an ecosystem," says Shepherd. "You get opportunities to witness Mother Nature doing her stuff. You're part of an ecosystem when you walk on it." He speaks of looking down on banks of cloud crashing into the sides of the ridge, rolling back on themselves and dumping rain. Shepherd has had plenty of time to witness such things, thanks to his willing self-immersion in Korea's mountain landscapes since his first mapless and rain-soaked wander into the Baekdu-daegan in 2006 following a tipoff from New Zealand friend and "Baekdu-daegan" co-author Andrew Douch. A year later, Shepherd and Douch set off on a 70-day odyssey from the southwestern coccyx of the range up to the Demilitarized Zone (border with North Korea)—the trip that, in turn, provided the backbone for the book.

Shepherd talks elsewhere of the "arterial magic" of Korea's mountains, describing the Baekdu-daegan as the spine of a "giant central nervous system" of ridges and spurs that reach out from it across the peninsula. It is clearly more than the magical views that captivated him and persuaded him to resign from his job and "show foreigners the Baekdu-daegan." Now an Honorary Ambassador of Tourism for Korea, a honor bestowed by Korea Tourism Organization as a mark of recognition for his efforts, Shepherd is preparing to launch a tour

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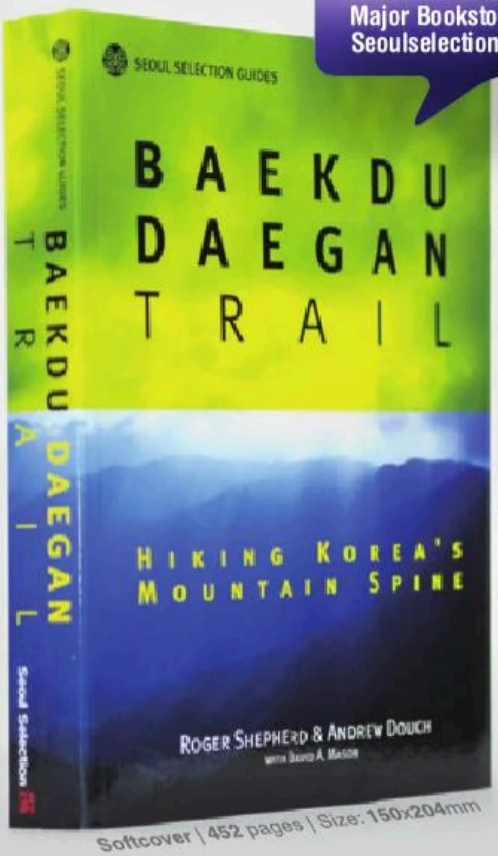

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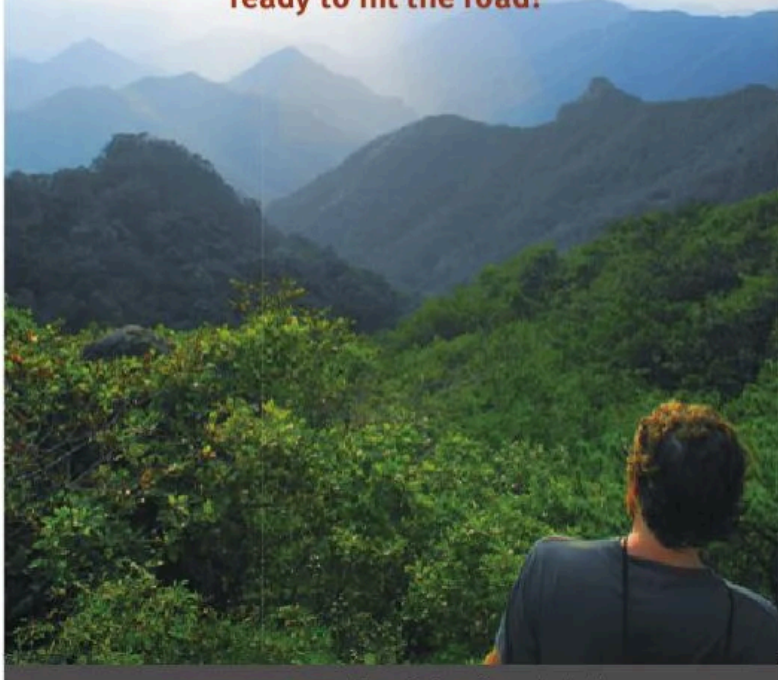
EXPLORE THE MOUNTAIN SPINE OF KOREA

The Baekdu-daegan is a chain of mountains forming the backbone of the Korean Peninsula. The 735-kilometer hiking trail provides a great opportunity for outdoor enthusiasts to hike their way through a geographical repository of culture and history.

This guide will get you packed up and ready to hit the road!



Seoul Selection

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company taking hikers along the ridges that link the country's many peaks.

Glut of apples

When asked about his favorite aspect of the Baekdu-Daegan, Shepherd is quick to pinpoint the areas between the national parks through which the range passes. "They're really great to visit," he says. "Only local people go there. The trail takes you through orchards, temples, small villages, and so on. People wonder what on Earth you're doing there, and how you've ever heard of the Baekdu-daegan."

Here, Shepherd is touching on another favorite theme of his: encounters with surprised locals. He enjoys telling of the time when a truck passed him and Douch on a quiet country road. "It screeched to a halt just up ahead," he recounts, "and a guy got out, went round to the back, opened the door, got out a crate of apples, ran over, put it in front of us, ran back to the truck without a word, got in, and drove off. We thought, 'What on Earth do we do with all these apples? Make pies?'"

Scaring the locals

Looking for accommodation in unfamiliar villages at dusk also provided anecdotes that Shepherd enjoys sharing, such as the time he and Douch followed a winding dirt road down from the ridge, lured by a sign to a *minbak* (guest house). "When we finally got there, a dog started barking and the lights went on, but nobody opened the door," he explains. "After we knocked, the door opened a crack, then slammed shut straight away. Andrew knocked again while I held back in the shadows. We had to shout for a while that we were foreigners hiking, and eventually they opened up and allowed us to stay there."

Revealing hidden culture

Shepherd emphasizes how his new book will unlock layers of the Baekdu-daegan previously unavailable to non-Korean speakers. "When Andrew and I did our 2007 trek we took photos of every information sign along the way," he says. "After we finished, we had them translated, and suddenly this whole flood of new information was released. It's all in the book."

Baekdu-daegan Trail is primarily a travel guide, breaking the trail into 17 broad sections, each in turn broken down into daily subsections. "I used a navigational data sheet to record everything as we hiked," says Shepherd. His text explains the trail, kilometer by kilometer, and is supplemented by various maps, illustrations, and photographs. But the information gleaned from translated signs allows the book to contain much more than practical hiking data, thus enlightening walkers about the abundant cultural, historical, religious, and other sites along the route.

What, though, is it that gives Korea's mountains their unique character when you take away the layers of human culture that surround them? "Level rows of peaks, blue haze, waves and waves of mountains," says Shepherd. "Probably similar to China. And then white, smooth patches of rock bursting out from the forest."

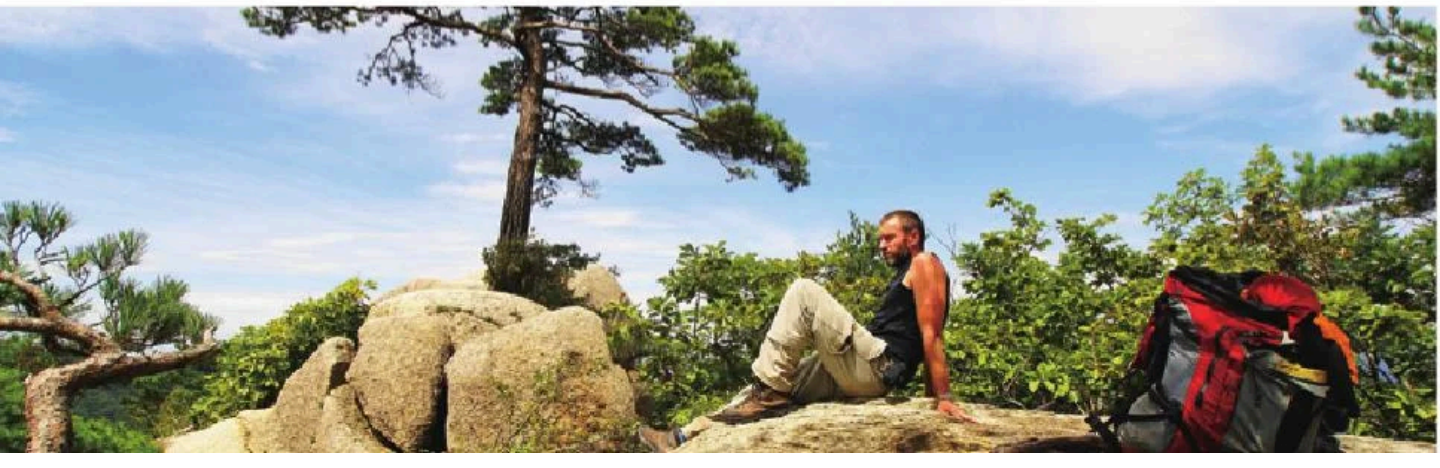
Recovering lost links

"Korean people had a close affinity with their landscapes and their mountains," says Shepherd. "A lot of that has been lost with modernity. But I hope they find that link again." The link between man and landscape, however, is not the only one that has been severed. The Baekdu-Daegan trail is itself prematurely terminated, for those hiking northwards, by the border with North Korea. Shepherd tried to overcome it with an email to the North Korean government asking for permission to hike the range from the border up to Mt. Baekdu. "I got a reply politely declining my request on grounds of security," he says. "I'd love to do it one day, even if they escort me the whole way."

In the meantime, hikers can take three months, a copy of Shepherd's book, and plenty of instant noodles and enjoy discovering the 735km of Baekdu-daegan trail that lie within South Korea.

MORE INFO

Roger Shepherd's websites can be found at www.hikekorea.net and www.hikekorea.com. "Baekdu-daegan Trail: Hiking Korea's Mountain Spine" is available from Seoul Selection's bookstore (www.seoulselection.com), priced at 28,000 won.



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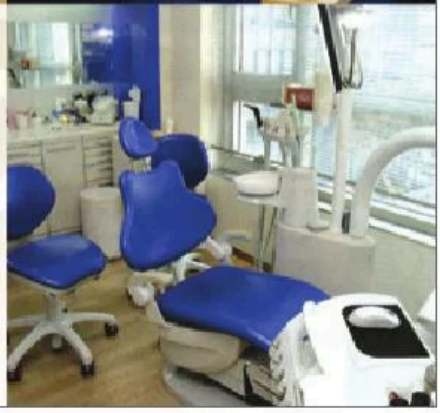

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Seoul International Women's Association (SIWA)

REVITALIZING THE HAN WITH CULTURE

Han River Art Island to combine art and architecture to change Seoul's urban landscape

The scenery of the Hangang River is about to make a radical change for the better.

Starting August, work will get underway on Han River Art Island, a revolutionary new arts and culture complex to be erected on Nodeul Island, a long underutilized island in the Hangang River. The complex will include an opera house, performance halls, museums, cafes, observatories and leisure infrastructure, all equipped with the world's most cutting-edge facilities. The complex also promises to be one of Seoul's greenest, most eco-friendly buildings.

Move over Bilbao

On June 23, Seoul Metropolitan City unveiled the outline of the Han River Art Island project. The planned cultural complex will be 99,102m² in area, making it a truly enormous complex. By way of comparison, the current Seoul Arts Center in southeastern Seoul is a mere 12,0350m² in area.

The creation of an arts complex can do much to rejuvinate a region. The opening in 1997 of the now world-famous Guggenheim Museum Bilbao, an architectural masterpiece by Canadian-American architect Frank Gehry, turned Bilbao from a struggling backwater into one of Europe's premier tourist destinations. Likewise, the renovation of the former Bankside Power Station into the Tate Modern in London is credited with revitalizing the surrounding neighborhood of Southwark.

Han River Art Island, meanwhile, is an integral part of Seoul's efforts to revitalize the Hangang River and its banks. Despite it being the city's most defining topographical feature, the Hangang River has been "cut off" from the city as a result of Korea's post-war development. To reconnect river and city and transform the waterway into a space of culture, leisure and tourism, Seoul Metropolitan City began the "Hangang River Renaissance" project in 2007 with the goal of building a waterfront city by 2030.

Dance through architecture

Han River Art Island is a design by Korean architect Park Seung-hong and designcamp moonpark. With its flowing cantilevered roof of stainless steel, based on the movements of a Korean traditional dancer, the design both captivates international audiences and expresses a unique Korean sentimentality. From the side, its emphasis on horizontal lines lets it harmonize with the flow of the Hangang River. When lit up, it actually resembles a bird gently sitting in the river.

Mammoth in scale, the cultural facilities will include a 1,751-seat opera house,a 2,100-seat symphony hall, and a 400-seat stage, as well as an art museum and exhibit hall. Observation decks and other leisure facilities will provide stunning views of the Hangang River, including some of the city's best sunrises and sunsets.

Along the roof will be installed countless light-emitting diodes (LEDs) to enhance the evening view. Tailoring itself to its environment, 90% of its heating and air conditioning will be powered by the water and geothermic heat. All told, some 21.7% of the power consumed by the facility will be from renewable energy sources.

FESTIVAL OF SHOPPING

Seoul Grand Sale 2010 combines shopping, culture and tourism

Time to get your shopping on.

Some 5,000 shops, hotels and restaurants will be participating in Seoul Grand Sale 2010, July 21 to Sept 12. Participants are providing unbelievable benefits and services, including discounts of up to 60% off. Korea's "Big 20" of department stores, duty-free shops and coffeehouses will be joining the fun to create a new brand of "shopping festival" that combines tourism, culture and, of course, shopping.

54 straight days of fun

Seoul Grand Sale 2010 is hosted by Seoul Metropolitan government, organized by Seoul Tourism Organization and sponsored by the Ministry of Culture, Sports and Tourism, Korea Tourism Organization and Visit Korea Year 2010—2012. It seeks to promote—to domestic and foreign audiences alike—Seoul's image as a "shopper's paradise." By providing all sorts of benefits and events at major shopping destinations, hotels and restaurants frequented by tourists, the city hopes to promote its shopping resources in a more systemic manner.

In order to set the city apart from competing cities such as Hong Kong, Singapore and Tokyo, Seoul Grand Sale 2010 is planned as a new breed of "shopping festival" that combines tourism, culture and shopping. Organizers hope to show not just Seoul residents, but also overseas tourists visiting the city Seoul wide range of charms.

MORE INFORMATION
VENUE: About 5,000 shops, restaurants and hotels citywide
PERIOD: July 21—Sept 12
T. (02) 120
www.seoulgrandsale.com

Putting the 'grand' in Grand Sale

All in all, some 5,000 businesses are participating, a six-fold increase over last year's 810. This includes the 4,200 shops of the so-called Big 20, composed mostly of major chains of department stores, duty-free shops, coffeehouses, movie theaters and museums frequented by tourists. It also includes businesses in Seoul's four special shopping districts: Myeong-dong/Buchang-dong/Namdaemun, Itaewon, Dongdaemun and Jongno/Cheonggyecheon.

Anyone carrying a Grand Sale coupon will receive discount prices at famous restaurants, stores and tourist attractions, as well as receive free drinks and desserts. There will be plenty to see, too, with popular Seoul tourist resources like the Hangang Water Taxis, cultural performances like NANTA, JUMP and Sachoom, and Insa-dong's Ssamzigil getting in on the act, too.

Convenience

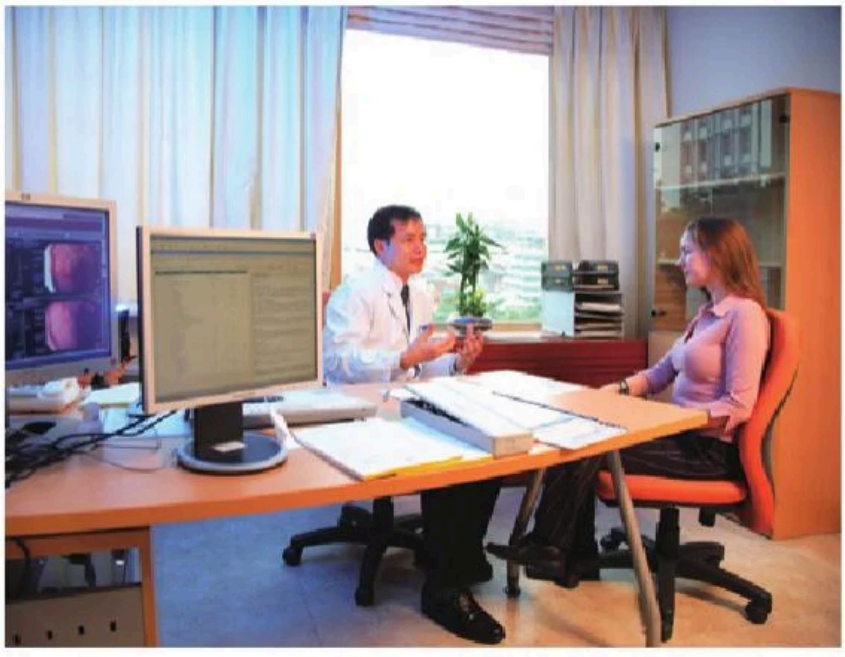
To foster a more convenient shopping experience, organizers have ditched the standard paper coupon this year in favor of membership cards and mobile coupons. Seoul Grand Sale's official homepage (www.seoulgrandsale.com), too, offers instructions on how to use the coupon, a map to participating businesses and a variety of helping shopping tips via Youtube and user-created content (UCC).

MAYOR OH SE-HOON INAUGURATED FOR SECOND TERM

Seoul's mayor, Oh Se-hoon, was re-inaugurated at a ceremony on July 1 after becoming the first mayor ever to be democratically re-elected in the capital. Speaking at the ceremony, attended by more than 3,000 people, Oh pledged to take into account the will of all 10 million of Seoul's citizens, building on the achievements and experience of his first four years in office to bring qualitative improvements to the changes that the city is undergoing. To this end, Oh promised to be a mayor of communication, integration and the future, maximizing Seoul's enormous potential to make it one of the top five cities in the world, inhabited by happy citizens and loved internationally.

A video featuring unfiltered criticisms by Seoul citizens of the city's governance was also screened at the event, while Vice Mayor for Political Affairs Cho Eun-hee read out a congratulatory message from President Lee Myung-bak (Oh's predecessor as mayor of Seoul).

EXPANDED HEALTH CARE SERVICES FOR FOREIGNERS



Seoul is to boost its support for medical services for resident expatriates. New measures will include an increase in the number of dedicated foreigner treatment centers from 11 to 14; 24-hour provision of information, accessible to foreigners, on hospitals, clinics and pharmacies; a 24-hour simultaneous interpretation service (offering English, Japanese and Chinese) to facilitate communication between patients and medical professionals when needed; financial support for vulnerable members of society, such as foreign laborers, that are hospitalized or undergo surgery; and the running of "global open" health centers.

As of December last year, 57% of Seoul's 255,749 registered resident foreigners were laborers, followed by foreign spouses (12%), students from abroad (11%) and people businesspeople (4%).

GREEN ELECTRIC BUSES TO ARRIVE IN NOVEMBER

In a further move towards green transport, Seoul is to introduce environmentally friendly green buses this autumn. 15 electric buses will initially be run on three routes in the Mt. Namsan area. Boasting world-beating recharging times of just 20 minutes, the new buses can run for 120km on a single charge and have a maximum speed of 100km/hour. They were built through cooperation between Seoul Metropolitan Government and private industry. Running on electricity alone, they emit no micro-particles, pollutants or carbon dioxide. With bodies built from carbon composite, they are 25% lighter than conventional steel plate buses and can thus go further on each charge and consume less energy. All core components, including the batteries, motors, and inverters were made using Korean technology, helping to lead innovation in each of their fields.

Seoul plans to run 3,500 electric buses—around half the total number of buses in operation—by 2020, bringing a total annual reduction in greenhouse gases of 140,000 tonnes. Each bus will emit at least 40 tonnes less greenhouse gases per year, even taking into account the gases produced to generate the electricity that charges their batteries.

Meanwhile, the city is preparing for the era of electric cars by permitting their use on its roads and installing 130 recharging points at 25 ward offices and large supermarkets by the end of this year. Around 54 of these will be "smart recharging stations" that allow automatic recharging payment and remote-controlled maintenance functions.

SEOUL TO HOST 2012 WORLD YOUTH BASEBALL CHAMPIONSHIP

The International Baseball Federation (IBAF) has approved Seoul as host for the forthcoming 2012 World Youth Baseball Championship after Seoul Metropolitan Government (SMG) and the Korea Baseball Association (KBA) submitted a joint application. The IBAF-sponsored event is held every two years—this year's tournament was held in July in Thunder Bay, Ontario. The 2012 championship will be the first of its kind held in Korea and the second time the IBAF has chosen the country as the venue for an international tournament, after Seoul hosted the Baseball World Cup in 1982.

Photograph provided courtesy of Korea Baseball Association

SMG and KBA have made winning the bid to host the World Youth Baseball Championship a priority since 2009, continuously pressing their case to several countries and winning the active support of Japan and other Asian states. The tournament is expected to bring more than 600 players from 20 countries to Korea, as well as members of various international organizations, providing wide publicity for the Korean capital while boosting tourism and the international image of Korean baseball.

08 EVENT Calendar

Dates & venues below are subject to change.

SUN

1

- Geumdangsa Temple Hanging Buddhist Painting (National Museum of Korea)

8

- Disney Live! On Tour (Grand Peace Palace, Kyung Hee Univ.)

15

- Oregon Ballet Theatre—George Balanchine's 'The Nutcracker' (Seoul Arts Center) thru 22
- Hwacheon Jjokbae Festival 2010 (Hwacheon-si, Gangwon-do)
- Man Ray's Photography & His Heritage (Seoul Museum of Art)

22

- The Hillsides of Mt. Umyeonsan Green Concert (National Center for Korean Traditional Performing Arts)
- Rodin Retrospective (Seoul Museum of Art)

29

- 100 Years Past: Memories of the Korean Empire (National Palace Museum of Korea)
- The Pulitzer Prize (Seoul Arts Center)
- World Press Photo (Seoul Arts Center)

MON

Untitled, 1987 © Keith Haring Foundation

9

- Asia Philharmonic Orchestra (Seoul Arts Center)

2010 Art & Play-Neverland

23

- Seven Stars (Seoul Arts Center)
- Geumsoon, Overcome Adversity (National Folk Museum of Korea)

St. Petersburg State Ballet on Ice

TUE

Stevie Wonder

10

- Stevie Wonder (Olympic Park)

17

- Dance Meets Percussion Arts: The Beat (National Center for Korean Traditional Performing Arts) thru 18

24

- Bibliothèque (KT&G Sangsang Madang)

31

- Acapella: A Filetta (Centennial Hall, Yonsei Univ.)

WED

4

- FCBarcelona Invitational K•League All Star Match (Seoul World Cup Stadium)
- St. Petersburg State Ballet on Ice (Seoul Arts Center) thru 11

11

- José Antonio Nigro—Paths and Reflections (Jay Gallery) thru 17

18

- 4th Cinema Digital Seoul Film Festival (CGV Apgujeong) thru 24

25

- Peter Gahn in Seoul (Goethe Institut)

Man Ray's Photography & His Heritage

+ For detailed info on the events, go to "Goings On Around Town."
Brown color letters indicate closing date of event. -Ed

THU	FRI	SAT
5	**6**	**7**
- 10th Seoul New Media Festival (i-Gong) thru 14	- Busan International Rock Festival (Dadaepo Beach, Busan) - Peace at the DMZ (DMZ Peace Park, Imjingak) - Summer Week&T (Naksan Beach, Yangyang)	- 2010 Hangang River Love Leisure Sports Festival (Ttukseom Hangang Park) - SAC Family Music Festival 2010 (Seoul Arts Center) thru 22
12	**13**	**14**
- 6th Jecheon International Music & Film Festival (Jecheon-si, Chungcheongbuk-do) thru 17 - 13th Seoul Fringe Festival (Hongdae) thru 28 - 2010 Outdoor Opera 'Turandot' World Tour (Seoul World Cup Stadium) thru 14	- Billy Elliot (LG Arts Center), Open Run - e-stars Seoul 2010 (COEX) thru 15	- Smashing Pumpkins (Jamsil Indoor Stadium) - Suwon Hwaseong Fortress Theatre Festival (Suwon-si, Gyeonggi-do) thru 22 – Kiss Me, Kate (National Theater of Korea)
19	**20**	**21**
- Truly Entertaining Traditional Music (Seoul Namsan Gukakdang) thru 22	- 2010 Han-Na Chang & Absolute Classic (Seongnam Arts Center) thru 28 - Korean War 60th Anniversary Photo Exhibit—On the Line (Daelim Contemporary Art Museum)	- 2010 Seoul Open Night (Jeong-dong, Bukchon, Daehangno, Insa-dong, Hongdae) - SMTOWN Live (Jamsil Sports Complex)
26	**27**	**28**
- 2010 Chuncheon Makguksu & Dakgalbi Festival (Chuncheon-si, Gangwon-do) thru 31	- Gwangju World Music Festival 2010 (Gwangju) thru 29	- The ChunCheon 2010 World Leisure Congress and Leisure Games (Chuncheon-si, Gangwon-do) - Two Gentleman of Verona (Sejong Center for the Performing Arts)

LONG RUNNING PERFORMANCES & EXHIBITIONS

Performances

- Seopyeonje, The Musical (Dongsoong Art Center), Aug 14—Nov 7

Exhibitions

- Pop Art Superstar Keith Haring 2010 Seoul (SOMA Museum of Art) thru Sep 5
- 2010 Art & Play-Neverland (Seoul Arts Center) thru Sep 29
- White Porcelain Jars—Bearing the In (仁) and Ye (禮) of the Joseon Era (National Museum of Korea) thru Nov 14
- Buncheong Ware Ritual Vessels (Horim Museum Sinsa, Horim Art Center) thru Nov 28

Events

- Taekkyeon Battle (Insa-dong Culture Plaza) thru Sep 11

GLOBAL SOUNDS IN KOREA'S DEEP SOUTH

Gwangju World Music Festival rocks Asia's cultural hub

Written by Ben Jackson | Photographs courtesy of GWMF

If you fancy a break from lukewarm K-pop on tap 24 hours a day, head down to Gwangju on the weekend of August 27—29 for a rare treat of world music. The inaugural year of Gwangju World Music Festival (GWMF) sees another world-class event boosting the southwestern city's efforts to place itself on the Asian cultural map. 2010 GWMF will feature some big names in world music: how about Debashish Bhattacharya, Ithamara Koorax, Louis Winsberg—Jaleo, Maite Hontele, SUKIAFRICA, Mamaku Project and Mariana Baraj for an inaugural lineup?

Northeast Asian center of culture

Gwangju is already gaining a reputation in cultural circles for the alternating Gwangju (art) Biennale (Sep—Nov 2010) and Gwangju Design Biennale (2011) and the Gwangju International Film Festival that bring in the visitors ever autumn. Just when everything was seeming a bit visual, Gwangju has come up with three days of bossa nova, flamenco, salsa and other auditory delights to bring the Korean public into contact with genres that still barely feature on the musical landscape here, performed by some of their respective masters.

GWMF prides itself on developing inter-cultural communication through music, by not simply inviting international musicians to perform to Korean audiences, but promoting collaboration between visiting musicians and Korean their Korean counterparts. The 30 groups coming from 15 other countries will therefore be performing with big names in Korean names such as Kim Deok-soo (*samulnori* (traditional percussion ensemble) musician), Ahn Sook-sun (*pansori* (sung narrative poem) singer), Hur Yoon-jung (*geomungo* (six-stringed Korean tradition zither) player), Kim Dong-won (percussionist) and Jang Jae-hyo (percussionist).

Offering a taste of the unfamiliar

"GWMF was founded as part of the 2010 GWMF Director J.J. In says "This is the first world music festival aimed at the general public in Korea. It was created as the musical element in Gwangju's project to become a cultural hub. The concept behind the festival is one of diversity in harmony, which is why we chose a range of musicians from all over the world to perform here. It's an opportunity for Koreans to experience unfamiliar culture. Now the focus is worldwide, but in the future we'd like the festival to develop into a leading showcase for Korean and Asian music.

2010 GWMF Director J. J. In

"Korea is rapidly becoming a multicultural society, and this presents some problems due to lack of cultural understanding. There's only so much that can be done by the government to help with this: we believe that festivals such as GWMF can play an important role in promoting understanding of other cultures in Korean society. This is especially important among Asian countries, since the majority of immigrants to Korea are Asian."

MORE INFO

T. (062) 350-2473~4
Website: www.gjwmf.com

GETTING THERE

Bus: Leave Seoul's Express Bus Terminal for a 3hr 40min bus ride to Gwangju. More than 100 departures daily.
KTX (high speed rail): Leave from Yongsan Station. Takes three hours.

Gwangju World Music Festival 2010

Sukiafrica
African Union, Korea, Japan

Jang, Sa-Ik
Korea

Louis Winsberg - Jaleo
France, Spain, Singapore

Tuku Kame
Malaysia

Kim, Duk-Su SamulNori & Red Sun
(Feat. An, Suk-Sun)
Korea, Austria

Maite Hontele
The Netherlands, Colombia, Spain, Germany

Bard
Korea

Korean Music Ensemble BARAMGOT
Korea

DAORUM
Korea, Australia

Ithamara Koorax
Brazil

Mariana Baraj
(Feat. Chang, Jae-Hyo)
Korea, Argentina

Debashish Bhattacharya
India

Nah, Youn-Sun & Ulf Wakenius Duo
Korea, Sweden

Pungam Sports Park and other sites throughout Gwangju

2010 8.27-8.29

Heo, Yoon Jeong - EASTrio(East Asian String Trio)
Korea, China, Japan

wHOOL
Korea

Soul Steady Rockers
Korea

Los Amigos
Korea

Common Ground
Korea

Mamaku Project
New Zealand, France, United Kingdom

Dates: **Fri., Aug. 27 to Sun., Aug. 29, 2010** (three days)

Inquiries: Festival Secretariat
062-350-2473~4
www.gjwmf.com

Venues: Pungam Sports Park and other sites throughout Gwangju

- **Performance Program**
Pungam Sports Park, Vitgoeul Civil Culture Center, Geumnamno Park
- **Additional Program**
Pungam Sports Park, Sajik Park Guitar Street, CGV Gwangju, Music Bars near Asian Culture Complex

Sponsored by: 문화체육관광부 아시아문화중심도시추진단
Ministry of Culture, Sports and Tourism office for Hub City of Asian Culture

Organized by: (사)아시아월드뮤직페스티벌
Asia World Music Festival

Supported by: 광주광역시 GWANGJU CITY 광주 MBC
Gwangju Metropolitan City and Gwangju MBC

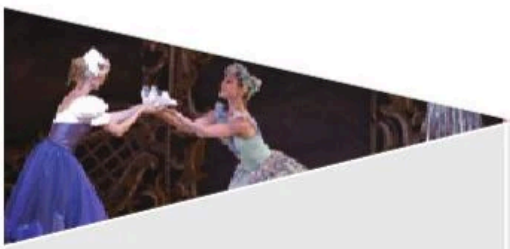
Cooperated with: 우리금융그룹 KJB 광주은행
Gwangju Bank

- All performances are free except for indoor performances at the Vitgoeul Civil Culture Center.

- Reservations: AUCTION 티켓21 1566-1369

Upcoming Events

PREVIEW



St. Petersburg State Ballet on Ice

Since its establishment by star choreographer Konstantin Boyarsky, St. Petersburg State Ballet on Ice has given more than 10,000 performances. It gained worldwide attention in 1995 when it installed ice rinks in opera houses in the United States and Canada for the first time ever. This year, Ice Ballet will perform two leading works from its repertoire that are still relatively unknown in Korea: Tchaikovsky's *The Sleeping Beauty* and Prokoviev's *Cinderella*. Ice Ballet, unlike other ice shows, incorporates all the stage, set music, costume and lighting of a conventional performance auditorium, adding a special "portable ice rink" installed by a team of Russian technicians.

p.48

Asia Philharmonic Orchestra

Composed of the best Asian musicians currently playing with top Western classical orchestras, Asian Philharmonic Orchestra was designed to demonstrate the future potential of orchestral music in Asia. Thanks to a record of steady annual gathering and performance, its musicians have now developed a strong rapport approaching that of any other full-time orchestra. This year, APO will convey its message of strength in unity by playing symphonies from two giants of European classical music: Beethoven and Brahms.

p.47

Stevie Wonder

Stevie Wonder the name needs no further introduction but here's one anyway: giant of late twentieth century American music, winner of 22 Grammy Awards (more than any other male solo artist), record producer, civil rights activist, United Nations Messenger of Peace and much more. Anyway, he's coming to Seoul this August so look out for some or all of his more than thirty US top ten hits and a whole bunch of other classics.

p.50

4th Cinema Digital Seoul Film Festival (CinDi)

CinDi is a competitive international film festival that shines a spotlight on the contemporary movie world and explores new possibilities for the language of film by focusing on new digital film technology and presenting a carefully selected program of outstanding films, animations and documentaries. Ultimately, its aim is to examine new and ever-evolving technology and the fascinating work of directors as they compete through various digital media, while giving audiences a chance to get acquainted with the fascinating genres that result.

p.55

Billy Elliot

Combining the fantastic acting and tight drama of the hit film with music judged to be among some of Sir Elton Hercules John, CBE's finest, Billy Elliot the musical is enjoying stratospheric success. It won nominations in no less than 15 categories in the 2009 Tony Awards (Broadway's highest honors) and prizes in 10 categories, including Best Musical. Its opening in Korea this August is the first in any Asian or non-English-speaking country. The story of a young boy achieving his dreams despite adverse circumstances is bound to appeal to the sentimentality of anyone in the audience.

p.48

Truly Entertaining Traditional Music

Based on a theme of "riding Korean traditional sounds on a journey through world music," Truly Entertaining Traditional Music has at its center young Korean traditional musicians and features music from areas as diverse as Europe, Africa, Arab nations, Asia and South America played on Korean tradition wind and string instruments. It takes place at Seoul Namsan Gugakdang, an award-winning new performance venue built based on the principles of Korean wooden architecture.

p.51

Suwon Hwaseong Fortress Theatre Festival

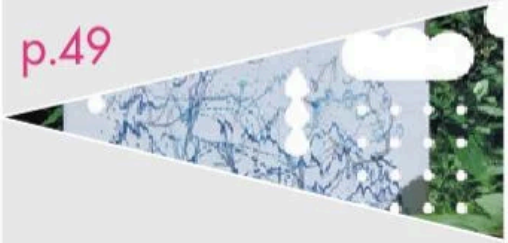
If you've been meaning to pay the UNESCO World Heritage Site of Suwon Hwaseong, the magnificent late Joseon dynasty fortress to the south of Seoul, now is a good time to do it. Suwon Hwaseong Fortress Theatre Festival is an annual performing arts festival that takes place at Suwon Hwaseong. Entitled "Theatre Festival for Citizens "Theatre, for Citizens Fun" this year, it features performances by a various Korean and overseas artists for the entertainment of the people of Suwon and further afield, with plenty of opportunities for public participation.

p.49

Seopyeonje, The Musical

Made famous thanks in large part to director Im Kwon-taek's eponymous film of 1993, *Seopyeonje* tells the story of Korean traditional *pansori* singers as they struggle to survive in modern society. At the time of its release, the film stimulated interest in this traditional genre of epic singing, accompanied only by a drum. This musical combines the traditional genres of *pansori* with rock, ballads, classical and others to produce an all-Korean musical that, it is hoped, may rival the hit *The Last Empress*.

p.49



Dance Meets Percussion Arts: The BEAT

If you fancy watching an experiment that combines Korean traditional melodies and dance with various drums, percussion instruments and props on a large scale to create a new art form in accordance with modern feelings, The BEAT is the perfect event for you. Featuring all kinds of Korean traditional dances and musical genres, the performance is a great way to get a glimpse of what Korea's performing arts are all about. Plus, the lack of lyrics and words means there is no language barrier to get past.

p.51

The ChunCheon 2010 World Leisure Congress and Leisure Games

The city of Chuncheon is surrounded by lakes and mountains and lies just one hour northeast of Seoul. This unprecedented event will bring over 17,000 people from over 67 countries together for a leisure celebration like no other in the history in South Korea. Visitors can look forward to nine days of leisure games, interactive workshops, cultural tours, social events, and non-stop celebration, where 14,500 highly skilled competitors vie for supremacy in World Cup events such as sport climbing, paragliding, wakeboarding, skateboarding, BMX, B-boy dance and more.

p.55

13th Seoul Fringe Festival

SFF features both indoor and outdoor performances: this year, more than 300 groups are performing in each category, ranging from absolute beginners performing in front of audiences for the first time to experienced artists returning for another year. Indoor performances include genres as diverse as theater, dance, mime, music, media and interdisciplinary art, while outdoor performances are open to each and every genre of art. It all takes place in Seoul's vibrant and artistic Hongdae area.

p.50

Seven Stars

Seven stars is all about bringing together the best of contemporary instrumental musicians. This year's magnificent seven has at its center star pianist and composer Chung Myung-whun. Chung is joined by a group of fantastic younger players in the form of pianist Kim Sun-wook, violinist and violist Lee Yura, violnist Kim Su-yeon, cellist Song Young-hoon and double bassist Sung Min-jae. Adding further weight to the ensemble is veteran cellist Yang Sung-won. This year's program includes music by Beethoven, Schubert, Handel-Halvorsen, Chopin and more.

p.47

Hwacheon Jjokbae Festival 2010

Located close to the source of the Hangang River, the eastern mountain county of Hwacheon used to enjoy plenty of river traffic, including salt boats all the way from the western port of Incheon. Now the river has been blocked by dams, but this contemporary festival aims to build a bridge between today's participants and their river-faring ancestors through a combination of modern feeling and the dugout canoe (which is what *jjokbae* means). Participants design, build and race their own boats in this beautiful corner of Korea.

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Buncheong Ware Ritual Vessels

Buncheong (blue-gray powdered celadon) was used to make vessels used in ancestral rites in traditional Korea. Though there have been many exhibitions in Korean museums about various other forms of traditional pottery, there has never been one on the theme of *buncheong* vessels. With this in mind, Horim Museum has spent the last few years collecting *buncheong* vessels in order to hold an exhibition dedicated to them. These vessels are very important for the insights they offer into the appearance of ritual vessels used during the Joseon dynasty, when a shortage of metal led to the manufacture of the first ceramic vessels for such purposes.

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Museums

1950.. Seoul.. Rise from the Ashes
Seoul Museum of History
Thru Aug 8
Adults (ages 20—64): 700 won, Others: Free
(02) 724-0146
Seodaemun Station, Line 5, Exit 4. Walk 300m.

Trick Art Museum
KINTEX
Jun 30—Aug 20
12,000 won
(02) 789-0011, www.mbctrickart.com
Daehwa Station, Line 3, Exit 3. Transfer to shuttle bus.

Dolmen of Warrior
Gyeongju National Museum, Gyeongju-si, Gyeongsangbuk-do
Thru Aug 22
Free
(054) 740-7518
It takes four hours to get from Seoul to Gyeongju by train. Take bus No. 11, 600, or 603 and get off in front of the museum.

Special Korean War 60th Anniversary Exhibition: 'Scars in Everyday Life—Beyond the Pain'
National Folk Museum of Korea
Thru Aug 23
Free
(02) 3704-3114
Anguk Station, Line 3, Exit 1 or Gyeongbokgung Station, Line 3, Exit 5. Walk along Samcheong-dong Street. The museum is located on the left. Green bus No. 11 is available.

Goryeo Bronze Mirrors
National Museum of Korea
Thru Aug 29
Free
(02) 2077-9531
Ichon Station, Lines 1 (Jungang Line) & 4, Exit 2. Walk 150m toward Yongsan Family Park.

100 Years Past: Memories of the Korean Empire
National Palace Museum of Korea
Thru Aug 29
Free
(02) 3701-7500
Gyeongbokgung Station, Line 3, Exit 5. Walk 5 minutes.

Gods, Heroes and Mortals: Art and Life in Ancient Greece
National Museum of Korea
Thru Aug 29
Adults: 10,000 won, Youths: 9,000 won, Children: 8,000 won, Kindergartners: 6,000 won, Seniors: 5,000 won
(02) 2077-9277
Ichon Station, Lines 1 (Jungang Line) & 4, Exit 2. Walk 150m toward Yongsan Family Park.

Horror Movie Special Exhibition: Shadow of Vampire
Korean Film Museum, KOCCA bldg.
Thru Aug 31
Free
(02) 3153-2031
DMC Station, Line 6, Exit 2. Transfer to bus No. 7711 or 7730 and get off at Sangam Worldcup Park 5-danji Apt.

Celestial Rendezvous
Donated Relic Exhibition Room (1st fl.), Seoul Museum of History
Thru Sep 5
Adults (ages 20—64): 700 won, Others: Free
(02) 724-0114
Seodaemun Station, Line 5, Exit 4. Walk 300m.

10th Kim Okgill Memorial Lecture Special Exhibition of the 124th Anniversary of Ewha Womans Univ.
Ewha Womans University Museum
Thru Sep 18
Free
(02) 3277-3152
Ewha Womans Univ. Station, Line 2, Exit 2. Walk straight and pass the school gate. The museum is located on your left.

Ancient Culture of Uzbekistan
National Museum of Korea
Thru Sep 26
Free
(02) 2077-9555
Ichon Station, Lines 1 (Jungang Line) & 4, Exit 2. Walk 150m toward Yongsan Family Park.

Joseon, Land of Hats
Space*C, Coreana Art & Culture Complex
Thru Oct 30
Adults: 3,000 won, Students: 2,000 won
(02) 547-9177
Apgujeong Station, Line 3, Exit 2. Walk 5 minutes along Segwang Street behind the CGV theater.

White Porcelain Jars—Bearing the In (仁) and Ye (禮) of the Joseon Era
National Museum of Korea
Thru Nov 14
Free
(02) 2077-9499
Ichon Station, Lines 1 (Jungang Line) & 4, Exit 2. Walk 150m toward Yongsan Family Park.

Buncheong Ware Ritual Vessels
Horim Museum Sinsa, Horim Art Center
Thru Nov 28
Adults: 4,000 won, Students: 2,000 won
(02) 541-3523~5
Gangnam-gu Office Station, Line 7, Exit 3. Turn around and go left at the corner. Walk straight and cross the road at Hak-dong Intersection. Go left and walk straight. The center is located on your right.

Special Korean War 60th Anniversary Exhibition
War Memorial of Korea
Thru Nov 30
Adults: 5,000 won, Youths: 3,000 won, Children: 2,000 won
(02) 709-3139
Walk 3 minutes from Samgakji Station, Line 6, Exits 11 & 12, or 5 minutes from Samgakji Station, Line 4, Exit 1.

Grossology—The (Impolite) Science of the Human Body
War Memorial of Korea
Open Run
12,000 won
(02) 541-3174
Walk 3 minutes from Samgakji Station, Line 6, Exits 11 & 12, or 5 minutes from Samgakji Station, Line 4, Exit 1.

Classical Music

Prague Brass Ensemble Concert
Guro Arts Valley
Aug 6, 8pm
R: 20,000 won, S: 10,000 won
(02) 2029-1700~1
Daerim Station, Lines 2 & 7, Exit 4.

Transfer to *maeul* bus No. 10 or 11. Get off at Guro Community Center.

SAC Family Music Festival 2010

Concert Hall, Seoul Arts Center
Aug 7—8, 14—15, 21—22, 4pm
Adults: 15,000 won,
Youths: 10,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Asia Philharmonic Orchestra

Concert Hall, Seoul Arts Center
Aug 9, 8pm
R: 100,000 won, S: 80,000 won, A: 60,000 won, B: 40,000 won
(02) 518-7343
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Das Blech Concert

Concert Hall, Seoul Arts Center
Aug 10, 8pm
S: 25,000 won, A: 15,000 won, B: 10,000 won
(02) 3487-0677
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

2010 Outdoor Opera 'Turandot' World Tour (conducted by Lorin Maazel)

Seoul World Cup Stadium
Aug 12—14, 8:15pm
Premium: 400,000 won,
VIP: 300,000 won,
Family (4 people): 800,000 won,
R: 250,000 won,
R (2 people): 400,000 won,
S: 200,000 won,
A: 150,000 won,
A (2 people): 300,000 won,
B: 100,000 won,
C: 70,000 won,
D: 50,000 won
1577-5470
World Cup Stadium Station, Line 6, Exit 2.

Jeju International Wind Ensemble Festival

Jeju Culture & Art Center, Jeju Seaside Arts Center, Seogwipo Cheonjiyeon Falls Outdoor Stage
Aug 12—29
Free
(064) 710-3494, 722-8704, www.jiwef.org
It takes an hour to get from Seoul to Jeju by airplane.

Opera: The Magic Flute (Mozart)

Goyang Aramnuri Arts Complex, Goyang-si
Aug 12—13, 8pm / Aug 14, 7pm / Aug 15, 4pm
R: 50,000 won, S: 30,000 won, A: 20,000 won, B: 10,000 won
1577-7766
Walk from Jeongbalsan Station, Line 3, Exit 3.

USP Chamber Ensemble Concert

Concert Hall, Seoul Arts Center
Aug 13, 8pm
S: 25,000 won, A: 15,000 won, B: 10,000 won
(02) 581-5404
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Opera: Turandot (Puccini)

Towol Theater, Seoul Arts Center
Aug 14—26, 3pm (Aug 14, 17—20, 24—26) / 11am, 3pm (Aug 15, 21, 22)
R: 60,000 won, S: 50,000 won, A: 40,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

One Hundred Times the Opera Enjoyment with the National Opera Company

Open Theater, Changdong
Aug 18—19, 7:30
10,000 won
(02) 994-1469
Changdong Station, Lines 1 & 4, Exit 1. Walk 5 minutes to the left. The theater is located at the back entrance of Hanaro Mart.

2010 Han-Na Chang & Absolute Classic

Seongnam Arts Center, Seongnam-si
Aug 20—28
R: 50,000 won, S: 30,000 won
Tickets: http://ticket.interpark.com/global
Imae Station, Bundang Line, Exit 1.

Summer Concert 'Dream, Dream, Dream'

Sejong Grand Theater, Sejong Center for the Performing Arts
Aug 21, 5pm
VIP: 50,000 won, R: 40,000 won, S: 30,000 won, A: 20,000 won, B: 10,000 won
(02) 399-1778~9
Gwanghwamun Station, Line 5, Exits 1 & 8.

Seven Stars

Concert Hall, Seoul Arts Center
Aug 23, 8pm
R: 100,000 won, S: 80,000 won, A: 60,000 won, B: 40,000 won
(02) 547-5694
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Chamber Music Society—South Korea-China Diplomatic Relations 18th Anniversary Recital with Juniors

Kumho Art Hall
Aug 26, 8pm
Adults: 30,000 won,
Youths: 8,000 won
(02) 6303-7700
Gwanghwamun Station, Line 5, Exit 7. Walk 200m in the direction of Seodaemun.

Seoul Philharmonic Orchestra Subscription Concert

Concert Hall, Seoul Arts Center
Aug 26, 8pm
R: 100,000 won, S: 70,000 won, A: 50,000 won, B: 30,000 won, C: 10,000 won
(02) 3700-6300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Acapella: A Filetta

Centennial Hall, Yonsei Univ.
Aug 31, 8pm
R: 77,000 won, S: 66,000 won
(070) 8683-3787
Sinchon Station, Line 2, Exit 3. The hall is located on the Yonsei Univ. campus.

Opera: The Marriage of Figaro (Mozart)

Opera Theater, Seoul Arts Center
Sep 1—2, 7:30pm / Sep 3, 3pm, 7:30pm
VIP: 50,000 won, R: 40,000 won, S: 30,000 won, A: 20,000 won, B: 10,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

The 2010 Ahn Eak-tai Memorial Concert

Concert Hall, Seoul Arts Center
Sep 1, 8pm
For free tickets, leave your name, address and phone number at www.ahneaktai.or.kr/notice/ticket.asp.
(02) 821-8494
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

David Lanz Trio—Re-Imagining the Beatles

Guro Arts Valley
Sep 3, 8pm / Sep 4, 5pm
R: 50,000 won, S: 40,000 won, A: 30,000 won
(02) 2029-1700~1
Daerim Station, Line 2 & 7, Exit 4. Transfer to *maeul* bus No. 10 or 11. Get off at Guro Community Center.

Young Munich Philharmonic

Concert Hall, Seoul Arts Center
Sep 3, 8pm
VIP: 150,000 won,
R: 100,000 won, S: 70,000 won, A: 50,000 won, B: 30,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line

3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Dance

Ice Ballet: St. Petersburg State Ballet on Ice—Cinderella / Sleeping Beauty

Opera Theater, Seoul Arts Center
Cinderella: 3pm, 7:30pm (Aug 4—6) / 2pm, 6pm (Aug 7—8) / Sleeping Beauty: 3pm, 7:30pm (Aug 10—11)
VIP: 120,000 won, R: 90,000 won, S: 70,000 won, A: 50,000 won, B: 30,000 won
(02) 548-4480
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Ballet: Oregon Ballet Theatre—George Balanchine's 'The Nutcracker'

Opera Theater, Seoul Arts Center
Aug 15, 18, 21, 2pm & 7:30pm / Aug 17, 7pm / Aug 19—20, 7:30pm / Aug 22, 2pm
VIP: 120,000 won,
R: 100,000 won, S: 70,000 won, A: 50,000 won, B: 20,000 won
1544-1681,
www.thenutcracker.co.kr
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Ballet: 2010 International Ballet Festival

Opera Theater, Seoul Arts Center
Aug 25—27
Admission depends on program
(02) 538-0505
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Flamenco Dance Musical: Sangre Flamenca of Rojas & Rodriguez

Universal Art Center
Sep 8—12
VIP: 150,000 won,
R: 120,000 won,
S: 77,000 won,
A: 55,000 won
(02) 517-0394,
www.superflamenco.com
Tickets: http://ticket.interpark.com/global
Achasan Station, Line 5, Exit 4. Walk for 3 minutes.

Musicals

Disney Live! On Tour

Grand Peace Palace, Kyung Hee Univ.
Jul 28—Aug 8 (performances in English on Jul 30—31, Aug 5, 11am)
R: 55,000 won, S: 45,000 won, A: 35,000 won
(02) 563-0595
Hoegi Station, Line 1, Exit 1. Transfer to *maeul* bus No. 1.

The Phantom of the Opera

Charlotte Theater
Thru Aug 8, 8pm (weekdays) / 3pm, 8pm (Sat) / 2pm, 7pm (Sun & holidays)
Peak—VIP: 130,000 won, R: 110,000 won, S: 80,000 won, A: 50,000 won, B: 40,000 won / Regular—VIP: 120,000 won, R: 100,000 won, S: 70,000 won, A: 50,000 won, B: 40,000 won
(02) 501-7888
Jamsil Station, Lines 2 & 8, Exit 3. Go straight along Lotte Dept. Store and cross the road. Go straight and turn right.

Kiss Me, Kate

Main Hall 'Hae', National Theater of Korea
Jul 9—Aug 14, 8pm (weekdays) / 3pm, 7:30pm (Sat) / 2pm, 6:30pm (Sun, no performances on Mondays & Jul 20)
VIP; 120,000 won,
R: 100,000 won, S: 80,000 won, A: 60,000 won, B: 40,000 won
(02) 577-1987
Take shuttle bus at Dongguk Univ. Station, Line 3, Exit 2 or yellow bus No. 2 at Exit 6.

Billy Elliot

LG Arts Center
Aug 13—open run, 8pm (weekdays) / 2pm, 7:30pm (weekends, no performances on Mondays)
VIP: 130,000 won, R: 110,000 won, OP: 90,000 won, S: 70,000 won, A: 50,000 won
(02) 3446-9630
GS Tower B1 fl. is directly connected to Yeoksam Station, Line 2, Exit 7. Take the LG Arts Center elevator from there.

The Toxic Avenger

KT&G Sangsang Art Hall
Aug 14—Oct 10, 8pm (weekdays) / 3pm, 7pm (Sat) / 2pm, 6pm (Sun)
R: 66,000 won, S: 55,000 won
(02) 3404-4314
Samseong Station, Line 2, Exit 2. Walk 100m.

A Chorus Line

Artium, COEX
Jun 26—Aug 22, 8pm (Tue, Thu, Fri) / 3pm, 8pm (Wed) / 3pm, 7pm (Sat) / 2pm, 6pm (Sun, no performances on Mondays)
R: 100,000 won, S: 80,000 won, A: 60,000 won
(02) 747-5811,
www.achorusline.co.kr
Samseong Station, Line 2, Exits 5 & 6.

Grease

CGV Art Hall, Time Square
Jul 3—Aug 29, 8pm (Tue—Thu) / 4pm, 8pm (Fri) / 3pm, 7pm (Sat) / 3pm (Sun)
VIP: 70,000 won, R: 60,000 won, S: 40,000 won
(02) 501-7888
Yeongdeungpo Station, Line 1.

Peter Pan

Universal Arts Center
Thru Aug 29, 5pm (weekdays) / 2pm, 5pm (weekends, no performances on Mondays)
Peter Pan Seat: 55,000 won,
Wendy Seat: 45,000 won,
Tinker Bell Seat: 35,000 won
(02) 3141-3025
Achasan Station, Line 5, Exit 4. Walk for 3 minutes.

B-boy Performance: Gorilla Crew—Return

Munhwailbo Hall
Thru Aug 31, 1pm, 4pm, 8pm (no performances on Mondays)
R: 45,000 won, S: 35,000 won
(02) 336-1360
Seodaemun Station, Line 5, Exit 5. Walk 100m.

Miss Saigon

Chungmu Art Hall
Thru Sep 12, 8pm (weekdays) / 2pm, 7pm (Sat) / 1pm, 6pm (Sun, no performances on Mondays)
R: 110,000 won, S: 88,000 won, A: 66,000 won, B: 44,000 won (Tue—Thu) / R: 121,000 won, S: 99,000 won, A: 77,000 won, B: 55,000 won
(02) 518-7343
Sindang Station, Line 6, Exit 9. Walk 50m in the direction of Dongdaemun Stadium.

The Two Gentlemen of Verona

Sejong M Theater, Sejong Center for the Performing Arts
Thru Aug 28, 8pm (weekdays) / 3pm, 7:30pm (Sat) / 2pm, 6:30pm (Sun, no performances on Mondays)
R: 60,000 won, S: 50,000 won, A: 40,000 won
(02) 577-1987
Gwanghwamun Station, Line 5, Exits 1 & 8.

Pimatgol Love Song

Sejong Grand Theater, Sejong Center for the Performing Arts
Sep 4—14, 8pm (weekdays) / 3pm, 7pm (Sat) / 2pm, 6pm (Sun, no performances on Sep 6) / 7pm (Sep 4) / 2pm (Sep 12)
R: 50,000 won, S: 40,000 won, A: 30,000 won, B: 20,000 won
(02) 399-1114~6
Gwanghwamun Station, Line 5, Exits 1 & 8.

The Palace (Gung), The Musical

Theater Yong, National Museum of Korea
Sep 8—Oct 24, 8pm (weekdays) / 3pm, 7pm (weekends, no performances on Mondays)
R: 80,000 won, S: 60,000 won
Tickets: http://ticket.interpark.com/global
Ichon Station, Lines 1 (Jungang Line) & 4, Exit 2. Walk 150m toward Yongsan Family Park.

Welcome to My World

Myeong-dong Haechi Hall (M-Plaza 5th fl.)
Jun 25—Sep 19, 8pm (weekdays) / 3pm, 6:30pm (Sat) / 2pm, 5:30pm (Sun, no performances on Tuesdays)
(070) 8270-3336~7
Myeong-dong Station, Line 4, Exit 6. Walk for 2 minutes and you will find M-Plaza on your right.

Seopyeonje, The Musical

Dongsoong Art Center
Aug 14—Nov 7, 3pm (weekdays) / 3pm, 7pm (weekends, no performances on Mondays)
(02) 708-5001~3
Jongno 5-ga Station, Line 1, Exit 1. Walk 30m along 5-ga Pharmacy alley.

Children's Musical: Cats

Myungbo Art Hall
Thru Sep 5, 2pm, 4pm (Tue—Thu & weekends) / 4pm, 8pm (Fri, no performances on Mondays)
30,000 won
(02) 2274-2121
Euljiro 3-ga Station, Lines 2 & 3, Exit 8.

Bballae (Laundry)

Hakchon Blue Theater
Open run, 8pm (Tue, Thu—Fri) / 4pm, 8pm (Wed) / 3pm, 7pm (Sat) / 4pm (Sun & holidays, no performances on Mondays)
40,000 won
(02) 928-3362
Hyehwa Station, Line 4, Exit 2. Walk along Marronnier Park. Turn left at the third corner and walk about 20m. The theater is located on your left.

Theater

AssiFe 2010 (ASSITEJ Korea International Summer Festival)

Major theaters in Seoul
Thru Aug 1
15,000 won
(02) 745-5862~3, www.assitejkorea.org

Busan International Magic Festival

BEXCO, Busan
Aug 4—9
Admission depends on program
(051) 626-7002, www.hibimf.org
It takes three hours to get from Seoul Station to Busan by KTX. Busan Subway: Daeyeon-dong Station, Line 2, Exits 3 & 5. Walk 10 minutes in the direction of UN Intersection.

White Cherry

Doosan Art Center
Aug 4—29, 8pm (weekdays) / 3pm, 7pm (Sat) / 3pm (Sun, no performances on Mondays)
30,000 won
(02) 708-5001
Jongno 5-ga Station, Line 1, Exit 1. Walk 30m along 5-ga Pharmacy alley.

Cry For You

Arko Arts Theater
Aug 7—15
15,000 won
(02) 972-1072/5
Hyehwa Station, Line 4, Exit 2. Turn left and pass by Marronnier Park. The theater is located on your left.

Suwon Hwaseong Fortress Theatre Festival

Suwon Hwaseong Fortress, Suwon-si, Gyeonggi-do
Aug 14—22
(031) 238-6496, http://theatre.shcf.or.kr
Suwon Station, Line 1. Take a cab from there.

Keochang International Festival of Theatre

Geochang-gun, Gyeongsangnam-do
Jul 30—Aug 15
Adults: 15,000 won, Youths: 10,000 won
(055) 943-4152~3, www.kift.or.kr
It takes three hours and a half to get from Seoul Nambu Bus Terminal to Geochang.

Choi Seo-ou's Image Performance with Film, Music & Ballet—le miroir des eaux

Jayu Theater, Seoul Arts Center
Aug 22, 7:30pm / Aug 23, 8pm
35,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

OGU—Hilarious Mourning

Hoam Art Hall
Jul 30—Sep 5, 8pm (Tue, Thu—Fri) / 4pm, 8pm (Wed) / 3pm, 7pm (weekends)
R: 60,000 won, S: 40,000 won
(02) 501-7888
City Hall Station, Lines 1 & 2, Exit 9. Walk 5 minutes. The hall is located inside of the Joongang Ilbo bldg.

The World Festival of National Theaters

National Theater of Korea
Sep 7—Oct 31
Admission depends on program
(02) 2280-4115~6, www.ntok.go.kr
Take shuttle bus at Dongguk Univ. Station, Line 3, Exit 2 or yellow bus No. 2 at Exit 6.

Laughter College

Art One Theater, Daehangno / COEX Art Hall
Open run, 8pm (weekdays) / 3pm, 6pm (weekends, no performances on Mondays)
R: 40,000 won, S: 30,000 won, Balcony: 20,000 won /
R: 40,000 won, Balcony: 20,000 won
(02) 766-6007, www.thebestplay.co.kr
Art One Theater—Hyehwa Station, Line 4, Exit 2. Walk along the KFC alley. Turn right in front of Beer Cabin. / COEX Art Hall—Samseong Station, Line 2, Exits 5 & 6.

Concerts

Jazz: Love Actually

Dream Hall, KT Olleh Square
Every day except Monday
1,000 won
1577-5599
Gwanghwamun Station, Line 5, Exit 2.

Jisan Valley Rock Festival 2010 (feat. Muse and more)

Jisan Forest Resort, Icheon-si, Gyeonggi-do
Jul 30—Aug 1
For one day: 99,000 won, two days: 143,000 won, three days: 176,000 won
(02) 3443-9969, www.valleyrockfestival.com
(Tickets: http://ticket.interpark.com/global)
Ori Station, Bundang Line. Transfer to shuttle bus (fee: 3,000 won).

2010 Incheon Pentaport Festival (Art/Rock/Fringe)

Various venues throughout Incheon
Arts Festival: Jul 31—Aug 14 / Rock Festival: Jul 23—25 / Fringe Festival: Jul 30—Aug 13
Admission depends on program
(032) 761-9600, www.pentaport.kr

Busan International Rock Festival (feat. Firehouse and more)

Dadaepo Beach, Busan
Aug 6—8
Free
(051) 888-3392~6, www.rockfestival.co.kr
It takes three hours to get from Seoul Station to Busan by KTX. Transfer to Busan Subway Line 1 and get off at Goejeong Station. Transfer again to bus No. 11 or 96.

Peace at the DMZ (feat. Santana and more)

DMZ Peace Park, Imjingak, Gyeonggi-do
Aug 6—8
For one day: 99,000 won,

two days: 143,000 won,
three days: 176,000 won
(070) 4035-0864,
http://woodstock.or.kr
(English ticketing info: ticket@woodstock.or.kr)
Nokbeon Station, Line 3, Exit 1. Board bus No. 909 or 9710 and get off at Munsan Bus Terminal. Transfer to bus No. 100-94 and get off at Imjingak.

Summer-Vacation (Su-Vac) Project

Dream Forest Arts Center
Aug 6—15
10,000 won
(02) 2289-4001~5
Mia Station, Line 3, Exit 2. Transfer to local bus Gangbuk 05 and get off at Dream Forest's West Gate.

Summer Week&T (feat. Kanye West and more)

Naksan Beach, Gangwon-do
Aug 6—7
For one day: 120,000 won,
two days: 160,000 won
www.summerweeknt.com
(Tickets: http://ticket.interpark.com/global)
It takes three hours to get from Seoul to Yangyang by express bus.

Stevie Wonder

Gymnasium No. 1, Olympic Park
Aug 10, 8pm
VIP: 230,000 won,
Floor R: 196,000 won,
R: 176,000 won, S: 110,000 won,
A: 99,000 won, B: 77,000 won
(02) 3141-3488 (Tickets: http://ticket.interpark.com/global)
Olympic Park Station, Line 5, Exit 3.

13th Seoul Fringe Festival

Hongdae
Aug 12—28
Admission depends on program
(02) 325-8150,
www.seoulfringefestival.net
Hongik Univ. Station, Line 2.

Smashing Pumpkins

Jamsil Indoor Stadium, Jamsil Sports Complex
Aug 14, 7pm

R: 99,000 won, S: 88,000 won
(02) 3141-3488 (Tickets: http://ticket.interpark.com/global)
Sports Complex Station, Line 2, Exit 6 or 7.

Smashing Pumpkins started their US tour on July 6, visiting 12 cities. They will appear at Summer Sonic in Japan before coming to Korea. The band currently consists of Billy Corgan, Jeff Schroder (Guitar), who played in *Zeitgeist* with Corgan, Nicole Fiorentino (Bass), from the band Veruca Salt, and Mike Byrne, who was selected after auditions of more than 1,000 drummers. Founded in Chicago, USA, Smashing Pumpkins hold legendary status in the history of 20th century alternative rock. Perhaps their most distinctive and best known characteristic is the fact that they have never got into bed with a big record company but always stayed on a path of their own. Their latest EP album, *Teargarden by Kaleidyscope, Vol. 1: Songs for a Sailor* was first released free, on-line. Don't miss this wildly popular, enduring and critically acclaimed band's visit to Korea, where there are plenty of pumpkins to be smashed.

12th Korea Dongducheon Rock Festival

Mt. Soyosan Tourist Resort, Dongducheon-si, Gyeonggi-do
Aug 13—15
Less than 15,000 won for one day
(031) 866-2201~2,
www.krock21.net
Dobongsan Station, Line 1. Transfer to bus No. 36, 36-5, 39, 39-3, 39-5, 136, 136-5, 139 or 139-5.

2010 DJ DOC Poolside Party

Sheraton Grande Walkerhill Hotel
Aug 14—15, 7:30pm
Pool package: 132,000 won,
Standing only: 77,000 won
(02) 542-4145
Take shuttle bus at Gwangnaru Station, Line 5, Exit 4 (in the direction of Gangbyeon Station).

Norumok Summer Festival

Norumok Outdoor Theater, Goyang Aramnuri Arts Complex, Goyang-si
Aug 20—22, 7:30pm
Free
1577-7766
Walk from Jeongbalsan Station, Line 3, Exit 3.

2010 Seoul Open Night

Jeong-dong, Bukchon, Daehangno, Insa-dong, Hongdae
Aug 21
(02) 120
Check the website http://cafe.naver.com/seoulopennight for more details.

SMTOWN Live

Main Stadium, Jamsil Sports Complex
Aug 21, 5pm
Orange Seat: 44,000 won,
Yellow Seat: 11,000 won,
Happy Family (3 people): 132,000 won,
Happy Family (4 people): 176,000 won
(02) 323-8500, (Tickets: http://ticket.gmarket.co.kr)
Sports Complex Station, Line 2, Exit 6 or 7.

Gwangju World Music Festival 2010

Gwangju
Aug 27—29
Admission depends on program
(062) 350-2473~4,
www.gjwmf.com
It takes three hours to get from Yongsan Station to Gwangju by KTX.

2010 Seoul Drum Festival

Seoul Forest (and Sowol Art Hall, Dream Forest, Nam Insa Plaza)
Sep 4—30
Free
www.seouldrum.go.kr
Ttukseom Station, Line 2, Exit 8.

Korean Music

JAMI in Colors—Samcheonggak's Premium Lunch Concert

Performance Hall inside Samcheonggak's Ilhwadang
Aug 1, 8, 15, 12pm
50,000 won (performance + meal + traditional tea, VAT included)
(070) 7730-3202, 3215
Take the shuttle bus in front of Kyobo Book Centre (Gwanghwamun Station, Line 5, Exit 3).

Four Composers Gala Concert

Yeakdang, National Center for Korean Traditional Performing Arts
Aug 5, 7:30pm
20,000 won
(010) 6233-7948
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

Singer Kim Yong-woo in Concert

Dream Forest Arts Center
Aug 7, 6pm
10,000 won
(02) 2289-5401~9
Mia Station, Line 3, Exit 2. Transfer to local bus Gangbuk 05 and get off at Dream Forest West Gate.

Liberation 65th Anniversary Memorial Performance

Seodaemun Prison Museum
Aug 14, 8pm

Free
(02) 580-3300
Dongnimmun Station, Line 3, Exit 5.

The National Orchestra Company of Korea—Noon Recital with Hwang Byung-ki

Main Hall 'Hae',
National Theater of Korea
Aug 17, 11am
10,000 won
(02) 2280-4115~6
Take shuttle bus at Dongguk Univ. Station, Line 3, Exit 2 or yellow bus No. 2 at Exit 6.

Seoul Metropolitan Traditional Music Orchestra—Great Traditional Music! Great Fun!

Sejong Grand Theater, Sejong Center for the Performing Arts
Aug 19, 5pm
R: 20,000 won, S: 10,000 won
(02) 399-1721
Gwanghwamun Station, Line 5, Exits 1 & 8.

Truly Entertaining Traditional Music

Seoul Namsan Gukakdang
Aug 19—21, 2pm, 5pm / Aug 22, 2pm
Adults: 20,000 won, Youths: 10,000 won
(02) 2261-0514
Chungmuro Station, Lines 3 & 4, Exits 3 & 4. Walk 200m along the alley between Dongguk Univ. Culture Contents Complex and Maeil Business Newspaper bldg.

The Scent of Korean Chamber Music—Summer Day, Dreaming Young Dreams

Umyeondang, National Center for Korean Traditional Performing Arts
Aug 22, 4:30pm
8,000 won
(02) 534-5158, (010) 4722-5158
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

The Hillsides of Mt. Umyeonsan Green Concert—Refreshing Korean Percussions

Byeolmajiteo, National Center for Korean Traditional Performing Arts
Aug 22, 8pm
Free
(02) 580-3300
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

Gonggam Masters' Stage

Regular Stage Urisori
Aug 27, 7:30pm
20,000 won
(02) 326-2820
Hongik Univ. Station, Line 2, Exit 1. Cheonggiwa Wedding Hall is located at the second intersection in the direction of Seongsan-dong. Urisori is located on the side street behind this bldg.

Changwoo Arirang

Bukchon Changwoo Theater
Open run, 11am (Fri, Sat, Sun)
R: 30,000 won, S: 20,000 won
(02) 747-3809
Anguk Station, Line 3, Exit 3. Walk straight until you see the stone wall of Changdeokgung Palace. Turn left and pass Wonseo Park. The theater is located on the left alley.

Korean Dance

2010 Paril (Eight-by-Eight Line Dance)

KOUS
Aug 4, 11, 8pm
R: 20,000 won, S: 15,000 won, M: 15,000 won, A: 10,000 won
(02) 3011-1720~1
Seolleung Station, Line 2, Exit 8. Walk in the direction of Gangnam-gu Office. The theater is located next to the Ramada Hotel.

Sidae Gonggam Open Stage

Umyeondang, National Center for Korean Traditional Performing Arts
Aug 17—20, 7:30pm
8,000 won
(02) 580-3300
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

Korean Theater

Dance Meets Percussion Arts: The Beat

Yeakdang, National Center for Korean Traditional Performing Arts
Aug 17—18, 7:30pm
R: 100,000 won, S: 70,000 won, A: 50,000 won, B: 30,000 won
(02) 335-6478
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

Original Women's Theater: Love on Mt. Geumgangsan (Gyeon-u and Jik-nyeo)

Yeakdang, National Center for Korean Traditional Performing Arts
Aug 26—27, 7:30pm
Free
Visit http://koreamusical.net or call (02) 741-1535 for reservations.
Nambu Bus Terminal Station, Line 3, Exit 5. Transfer to green bus No. 12 or 4429.

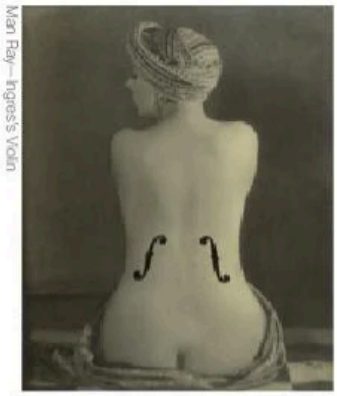
Art Exhibitions

Do Window Volume 2

Contemporary Art
Gangnam Space, Gallery Hyundai
Thru Aug 8
Free
(02) 519-0800
Apgujeong Station, Line 3, Exit 2. Walk 500m. Turn Right and walk 600m. Turn left and walk 800m along the LG Fashion shop.

Man Ray's Photography & His Heritage

Photography
Seoul Museum of Art
Thru Aug 15
Adults: 700 won, Others: Free
(02) 2124-8800
City Hall Station, Line 1, Exit 1 or Line 2, Exits 11 & 12. Walk 5 minutes.



Man Ray—Ingres's Violin

The 38th Gangjin Celadon Festival

Celadon Art
Goryeo Celadon Porcelain Kilns, Gangjin-gun, Jeollanam-do
Aug 8—15
Free
(061) 430-3191,
http://eng.gangjinfes.or.kr
It takes three hours to get from Yongsan Station to Gwangju. Transfer to cross country bus heading Gangjin at Gwangju Terminal.

Korean War 60th Anniversary Photo Exhibit—On the Line

Photography
Daelim Contemporary Art Museum
Thru Aug 20
Adults: 4,000 won, Students: 2,000 won
(02) 720-0667
Gyeongbokgung Station, Line 3, Exit 4. Walk 5 minutes in the direction of the Blue House.

Artists' Production

Contemporary Art
Nam Seoul Annex Building of Seoul Museum of Art
Thru Aug 22
Free
1688-3525
Sadang Station, Lines 2 & 4, Exit 6. Walk 1 minute.

Dong-gang International Photo Festival 2010—Speaking Without Word

Photography
Dong-gang Museum of

Theo Jansen—Animals Modular

Kinetic Art, Gwacheon National Science Museum

Thru Oct 17

Adults: 13,000 won,
Youths: 8,000 won,
Kindergardeners: 4,000 won
1566-0329, www.theojansen.co.kr
Seoul Grand Park Station, Line 4, Exit 5.

If you're ever on the beach and find a mechanical animal the size of a house moving towards you, the chances are the man responsible is Dutch artist Theo Jansen. Described by some as a "living, 21st century Leonardo da Vinci," Jansen makes enormous creatures from plastic tubing that are designed to move along beaches, powered by the wind. If they meet the sea they automatically change direction, and if the wind threatens to blow them over they fix themselves in place. They have no kind of computer function that would enable them to think. They live by instinctively adapting to their environment. Children regard them variously as giant insects, dinosaurs or space monsters, and are generally captivated by them. So might you be if you head to Gwacheon National Science Museum for a look.

Photography and other venues in Yeongwol-gun, Gangwon-do
Thru Aug 22
Free
(033) 370-2227,
www.dgphotofestival.com
It takes two hours to get from Seoul to Yeongwol by express bus.

Him of Gyeonggi-do (Strength of Gyeonggi Province)

Special Exhibition
Gyeonggi Museum of Modern Art, Ansan-si
Thru Aug 22
Free
(031) 481-7007~9,
www.gmoma.org
Gongdan Station, Line 4, Exit 1. Walk 15 minutes in the direction of the Choji Sports Arena intersection.

Ideal Beauty & Images

Photography
Ilmin Museum of Art
Thru Aug 22
Free
(02) 2020-2055
Gwanghwamun Station, Line 5, Exit 5.

Ideal Beauty & Images

Miffy at the Museum

Animation
Korea Comics Museum
Thru Aug 22
Adults: 10,000 won,
Youth: 12,000 won
1688-3525
Songnae Station, Line 1. Transfer to bus at North Plaza.

Propaganda Leaflets

Special Exhibition
Cheong Gye Cheon Museum
Thru Aug 22
Free
(02) 2286-3410
Wangsimni Station, Lines 1 (Jungang Line), 2 & 5, Exit 7. Transfer to *maeul* bus No. 3 or 8. Get off at Seoul Metropolitan Facilities Management Corporation.

Rodin Retrospective

Sculpture
Seoul Museum of Art
Apr 30—Aug 22
Adults (ages 19—64): 12,000 won,
Youths (ages 13—18): 10,000 won,
Children (ages 7—12): 8,000 won,
Others: Free
(Note: On weekdays after 6pm and Saturdays after 8pm, prices will be discounted by 2,000 won.)
1577-8968, www.rodinseoul.com
City Hall Station, Line 1, Exit 1 or Line 2, Exits 11 & 12. Walk 5 minutes.

Save the Earth

Recycling Exhibition
Kumho Museum of Art
Thru Aug 22
Free
(02) 720-5114
Gyeongbokgung Station, Line 3, Exit 5. Go straight and pass Gyeongbokgung completely. Turn left and walk along the palace wall. The museum is located on your right.

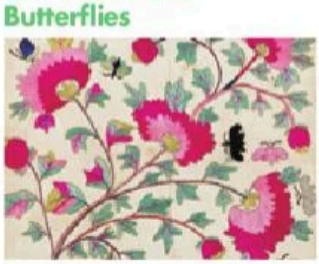
The 10th Photo Festival: Bae Bien-U, Back Seung-woo, Kim In-sook

Photography
Gana Art Center
Jul 30—Aug 22
3,000 won
(02) 720-1020
Gyeongbukgung Station, Line 3, Exit 3. Transfer to bus No. 1020 or 1711. Get off at Lotte Apartment. Walk in the direction of Seoul Auction.

Peter Gahn in Seoul

Sound Art
Goethe Institut
Thru Aug 25
Free
(02) 2021-2806,
www.goethe.de/seoul
Seoul Station, Lines 1 & 4, Exit 9. The institue is located on the 5th fl. of Seoul Square bldg.

The Beautiful Harmony of Flowers and Butterflies



Korean Traditional Art
The Korea Foundation Cultural Center
Aug 9—26
Free
(02) 2151-6520
City Hall Station, Lines 1 & 2, Exit 9. Walk 5 minutes.

International Artist Community—Domestic Bliss

Contemporary Art
Ja Gallery & Na Gallery
Aug 17—28
Free
http://koreaiac.com
Anguk Station, Line 3, Exit 6.

Michael Wesely

Photography
The Columns Gallery
Thru Aug 28
Free
(02) 3442-6301
Cheongdam Station, Line 7, Exit 9. The gallery is located in Avenue Juno bldg.

Observing Like Leonardo da Vinci

Contemporary Art
Savina Museum of Contemporary Art
Thru Aug 29
Adults: 2,000 won,
Youths: 1,000 won
(02) 736-4371
Anguk Station, Line 3, Exit 1. Turn left at the exit. Turn left in front of the Post Office.

Kim Yeong-hee Dak Paper Sculpture Exhibit

Korean Paper Sculptures
Choson Ilbo Art Museum
Thru Aug 29
3,000 won
(02) 724-6328
City Hall Station, Lines 1 & 2, Exit 3. Go straight and turn left in front of Seoul Metropolitan Council bldg. The museum is located behind it.

The Pulitzer Prize

Photography
Hangaram Design Museum, Seoul Arts Center
Thru Aur 29
Adults: 10,000 won,
Youths: 8,000 won,
Children: 6,000 won
(02) 2000-6330
Nambu Bus Terminal Station, Line

3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

World Press Photo

Photography
V-Gallery, Seoul Arts Center
Jul 27—Aug 29
Adults: 8,000 won,
Youths: 5,000 won,
Children: 3,000 won
(02) 706-1170
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Wow Photo Experience

Photography Hands-On
Hangaram Design Museum, Seoul Arts Center
Thru Aug 29
22,000 won
(02) 6395-0505,
www.wowphotoex.com
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5-10 minutes or take shuttle bus, or bus No. 12, 4429.

José Antonio Nigro—Paths and Reflections

Photography
Jay Gallery
Aug 11—17
Free
010-2660-0307, www.janigro.com
Anguk Station, Line 3, Exit 5. At B1 of the SK-HUB bldg., there is a place called "Art Center". Pass by several galleries, then you can see an open-air garden outside. Jay Gallery is located there at the open-air garden.

Bibliothèque

Archive Exhibition
KT&G Sangsang Madang
Thru Aug 24
Free
(02) 330-6200
Hongik Univ. Station, Line 2, Exit 5. Turn left and go two blocks. Walk through the Walkable Street on your right. Cross the road and go straight. The hall is located next to Luxury Su.

Walker Evans

Photography
The Museum of Photography, Seoul
Thru Sep 4
Free
(02) 418-1315
Mongchontoseong Station, Line 8, Exit 2. The gallery is located on the 19th fl. of Hanmi Tower.

Nomadic Party

Media, Performance, Installation Art
Arko Art Center
Aug 7—Sep 5
Free
(02) 760-4850~2
Hyehwa Station, Line 4, Exit 2. Turn left and pass by Marronnier Park. The center is located on your right.

Pop Art Superstar Keith Haring 2010 Seoul

Pop Art
SOMA Museum of Art
Thru Sep 5
Adults: 12,000 won,
Youths: 10,000 won,
Children: 8,000 won
(02) 3210-4222,
www.haring.co.kr
Mongchontoseong Station, Line 8, Exit 2. Inside the Gate of Peace, walk 200m to the right.

Andy Mouse, 1986 © Keith Haring Foundation

Jin Gi-jong Solo Exhibition

Mixed Media
16 Bungee, Gallery Hyundai
Aug 19—Sep 19
Free
(02) 722-3503
Anguk Station, Line 3, Exit 1. Walk straight along the stone wall. Turn right in front of Ran Studio. The gallery is located near Bubryunsa Temple.

From Turner to Impressionists: The collection of British Landscape Paintings

Painting
Hangaram Art Museum, Seoul Arts Center
Jun 25—Sep 26
Adults: 11,000 won,
Youths: 8,000 won,
Children: 6,000 won
(02) 325-3832
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5—10 minutes or take shuttle bus, bus No. 12 or bus No. 4429.

Painters Who Had to Leave Their Hometowns

Korean War 60th Anniversary Special Exhibition
Goyang Aramnuri Arts Complex, Goyang-si
Thru Sep 27
Adults: 5,000 won,
Youths: 4,000 won
1577-7766
Walk from Jeongbalsan Station, Line 3, Exit 3.

2010 Art & Play-Neverland

Contemporary Art
Hangaram Art Museum, Seoul Arts Center
Thru Sep 29
Adult: 8,000 won,
Students: 5,000 won
(02) 580-1300
Nambu Bus Terminal Station, Line 3, Exits 4 & 5. Walk 5-10 minutes or take shuttle bus, or bus No. 12, 4429.

Collection Highlights

Contemporary Art
National Museum of Contemporary Art
Thru Sep 30
Free
(02) 2188-6038
Seoul Grand Park Station, Line 4, Exit 4. Take the shuttle bus.

Danwon Kim Hong-do

Antique Art Exhibition
Leeum, Samsung Museum of Art
Thru Oct 3
Adults: 10,000 won,
Youths (ages 7—18): 6,000 won
(02) 2014-6900
Hangangjin Station, Line 6, Exit 1. Walk 100m toward Itaewon. Turn right at the first alley and walk up the hill.

The Shadow of Speech

La Sombra del Habla. Colección MACBA
National Museum of Contemporary Art
Thru Oct 3
Adults: 5,000 won,
Youths: 2,500 won
(02) 2188-6000
Seoul Grand Park Station, Line 4, Exit 4. Take the shuttle bus.

Realism in Asian Art

Asian Contemporary Art
National Museum of Art, Deoksugung
Thru Oct 10
Around 5,000 won
(02) 2188-6000
City Hall Station, Line 1, Exit 2 or Line 2, Exit 12. The museum is located inside of Deoksugung Palace.

Works in the Open Air

Summer Special Exhibiton
Gyeonggi Museum of Modern Art, Ansan-si
Thru Oct 31
Free
(031) 481-7007~9
Gongdan Station, Line 4, Exit 1. Walk 15 minutes in the direction of Choji sports arena intersection.

Gwangju Biennale 2010—10000 LIVES

Biennale
Gwangju Biennale Hall and other venues in Gwangju
Sep 3—Nov 7
Throughout the exhibition period—
Adults: 30,000 won,
Youths: 20,000 won,
Children: 10,000 won /
One day—Adults: 14,000 won,
Youths: 5,000 won,
Children: 3,000 won
(062) 608-4114, www.gb.or.kr
It takes three hours to get from Seoul (Yongsan Station) to Gwangju by KTX. Take a cab. It will take another 10 minutes to get to the venue.

Media City Seoul 2010—Trust

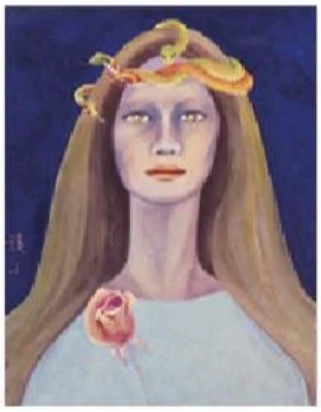
Media Art Biennale
Seoul Museum of Art and other venues
Sep 7—Nov 17
www.mediacityseoul.org

Forgotten War, the Division of Reality

Painting
National Museum of Contemporary Art
Thru Dec 26
Free
(02) 2188-6000
Seoul Grand Park Station, Line 4, Exit 4. Take the shuttle bus.

Chun Kyung-ja's Spirit

Modern Art (Painting)
Seoul Museum of Art
Thru Dec 31
Adults: 700 won,
Youths: 300 won, Others: Free
Weekdays: (02) 120, Holidays & Nights: (02) 2124-8800
City Hall Station, Line 1, Exit 1 or Line 2, Exits 11 & 12. Walk 5 minutes.



Festivals

Bonghwa Sweetfish Festival

Naeseong-cheon Stream, Bonghwa-eup, Gyeongsangbuk-do
Jul 31—Aug 8
Adults: 10,000 won,
Youths: 8,000 won
(054) 679-6321~3,
www.bonghwafestival.com/eunuh
It takes three hours to get from Dong Seoul Bus Terminal to Bonghwa.

Hwacheon Jjokbae Festival 2010

Bungeo-seom Island, Hwacheon-si, Gangwon-do
Jul 31—Aug 15
Admission depends on program
1688-3005, www.narafestival.com
It takes more than two hours to get from Dong Seoul Bus Terminal to Hwacheon.

15th Busan Sea Festival

Haeundae Beach & other major beaches in Busan
Aug 1—9
Free
(051) 888-3392~7,
http://seafestival.co.kr
It takes three hours to get from Seoul Station to Busan by KTX.

2010 Hwacheon Tomato Festival

Hwacheon-gun, Gangwon-do
Aug 6—8
Free
(033) 440-2375,
www.tomatofestival.co.kr
It takes two hours to get from Dong Seoul Bus Terminal to Sachang-ri, Hwacheon-gun.

The Great Battle of Hansan Festival

Tongyeong-si, Gyeongsangnam-do
Aug 11—15
Free
(055) 644-5222,
www.hsdf.or.kr
It takes more than four hours to get from Nambu Bus Terminal to Tongyeong.

Haso White Lotus Festival

Cheongun-sa Temple, Cheongha-myeon, Gimje-si, Jeollabuk-do
Thru Aug 15
Free
(063) 543-1248,
www.baekryon.com
It takes two hours to get from Yongsan Station to Gimje by KTX.

2010 Frog Cool Summer Festival

Hall 1, KINTEX
Thru Aug 20
17,000 won
(031) 969-5518~9,
www.fantastic-world.co.kr
Daehwa Station, Line 3, Exit 3. Transfer to shuttle bus.

Hantangang River Water Festival

Hantangang River Tourist Site, Yeoncheon-gun, Gyeonggi-do
Thru Aug 22
12,000 won
(031) 832-0982,
www.mulnori.kr
Dongducheon Station, Line 1. Transfer to train (Gyeongwon Line) and get off at Jeongok Station.

2010 Chuncheon Makguksu & Dakgalbi Festival

Songam Sports Town, Chuncheon-si, Gangwon-do
Aug 26—31
Free
(033) 250-4347~8,
www.mdfestival.com
It takes two hours to get from Seoul Station to Chuncheon by express bus.

2010 Daegu International Bodypainting Festival

Duryu Park, Kolon Field Concert Hall, Daegu
Aug 27—29
(053) 760-1855, www.dibf.co.kr
It takes two hours to get from Seoul Station to Daegu by KTX.
From Duryu Station, Line 2, walk 20 minutes from Exits 9—12.

2010 Luminarie & World Beer Festival

Hanbit Garden, Expo Park, Daejeon
Thru Aug 31, 6—8pm
Free
(042) 863-1139,
www.expopark.co.kr
It takes an hour to get from Seoul to Daejeon by KTX.

Queen Seondeok's Royal Journey

Gyeongju-si, Gyeongsangbuk-do
Every Saturday at 3pm
thru Sep 4
Free
(054) 748-7721~2, 779-6770,
www.sunduk.co.kr
It takes two hours to get from Seoul Station to Dongdaegu by KTX. Transfer to connecting bus or train.

Other Events

2010 Korea Philatelic Exhibition

Hall A, COEX
Jul 29—Aug 2
(02) 6000-1414, www.kstamp.go.kr
Samseong Station, Line 2, Exits 5 & 6.

e-stars Seoul 2010

Hall D, COEX
Aug 13—15
(02) 2000-6397,
www.estarsseoul.org
Samseong Station, Line 2, Exits 5 & 6.

2010 World Musical Instrument Fair

aT Center
Thru Aug 22
15,000 won
(02) 3141-7745,
www.eqmusicplay.com
Yangjae Station, Line 3, Exit 7. Transfer to bus No. 470 or 471 and get off at Yangjae Flower Market.

SBS Play-Science Exhibition

Hall 2, KINTEX
Thru Aug 22
13,000 won
(02) 747-5811, www.sbslovei.com
Daehwa Station, Line 3, Exit 3. Transfer to shuttle bus.

Seoul Grand Sale

Throughout the city
Thru Sep 12
(02) 120, www.seoulgrandsale.com
Seoul Grand Sale application is available from Apple App Store.

Welcome to Korea's biggest shopping festival. More than 5,000 Seoul businesses are taking part, including top shopping venues, hotels and other accommodation and restaurants, to offer loads of great discounts and events. All you need is to get hold a Seoul Grand Sale card, a new credit-card shaped invention this year that replaces the old system of printing out coupons from the website or picking up a booklet from a tourist information office. Places offering discounts mainly including branches of the "BIG20" chains most popular among customers, along with around 600 retailers in four Special Tourist Zones: Myeong-dong/Bukchang-dong/Namdaemun, Itaewon, Dongdaemun and Jongno/Cheonggyecheon. Time to do your bit for the economy, forget about sustainable living, and get consuming like it's nobody's business.

Franchise Seoul
Hall B, COEX
Aug 26—28
3,000 won
(02) 6000-1076, 8152,
www.franchiseseoul.co.kr
Samseong Station, Line 2, Exits 5 & 6.

Seoul Gift Show
Hall C, COEX
Sep 9—12
8,000 won
(02) 2698-0003,
www.seoulgiftshow.com
Samseong Station, Line 2, Exits 5 & 6.

Sports

Baseball: 2010 KBO (Korea Baseball Organization) Season
Major baseball stadiums in Seoul area:
Jamsil Stadium—Sports Complex Station, Line 2, Exits 5 & 6
Mokdong Stadium—Omokgyo Station, Line 5, Exit 3
Munhak Stadium—Munhak Sports Complex Station, Incheon Line, Exit 2
Games every day thru Oct (except Mondays)
English Service: (02) 3460-4632, 4643~4, Reservations: 1588-4567

Soccer: FCBarcelona Invitational K•League All Star Match
Seoul World Cup Stadium
Aug 4, 8pm
Red: 110,000 won,
Blue: 99,000 won,
Green: 77,000 won,
Yellow: 55,000 won
Tickets: http://ticket.interpark.com/global
World Cup Stadium Station, Line 6, Exit 2.

Leisure Sports: 2010 Hangang River Love Leisure Sports Festival
Ttukseom Hangang Park
Aug 7—8
Free
(02) 719-9070,
www.hangangfest.com
Ttukseom Resort Station, Line 7.

Marathon: Third 815 Dove Marathon
Yeouido Event Plaza
Aug 15, 8am
Admission: 15,000—30,000 won
Entry Application: www.victims.co.kr/home/main.php?link=race&doc=entry&opp=200912261333508&csno=20091220235324_race
Yeouinaru Station, Line 5, Exit 2.

Leisure Sports: The ChunCheon 2010 World Leisure Congress and Leisure Games
Songam Sport Town, Daeryongsan Athletic Park, and other venues
Chuncheon-si, Gangwon-do
Aug 28—Sep 5
(033) 250-4527
Visit www.worldleisure2010.org for more information.
It takes two hours to get from Seoul to Chuncheon by express bus.

Taekkyeon: Taekkyeon Battle
Insa-dong Culture Plaza
Every Saturday at 4pm thru Sep 11
(02) 733-2469, www.tkbattle.com
Jonggak Station, Line 1, Exit 3.
Turn left at the intersection.

Cinema

10th Seoul New Media Festival (NEMAF)
Media Theater, i-Gong
Aug 5—14
Admission depends on program
(02) 337-2870, www.nemaf.net
Hongik Univ. Station, Line 2, Exit 4.
Turn right and walk straight. Turn left at the Street You Want to Walk. Turn right along Hongik Galbi. The theater is located on your left along the Market M alley.

Jeongdongjin Independent Film & Video Festival (JIFF)
Jeongdongjin Elementary School, Gangneung-si, Gangwon-do
Aug 6—8
Free
(033) 645-7415, www.jiff.kr
It takes more than three hours to get from Dong Seoul Bus Terminal to Jeongdongjin.

4th Cinema Digital Seoul Film Festival (CinDi)
CGV Apgujeong
Aug 18—24
Admission depends on program
(02) 511-7553, www.cindi.or.kr/cindi2010/eng/html/main
Apgujeong Station, Line 3, Exit 3.

6th Jecheon International Music & Film Festival (JIMFF)
Jecheon-si, Chungcheongbuk-do
Aug 12—17
Admission depends on program
(02) 925-2242, www.jimff.org/6th_eng_main.html
It takes two hours to get from Dong Seoul Bus Terminal to Jecheon.

If you thought there were a lot of international film and music festivals in Korea, just remember that there are way more films and music in the world than they could ever hope to cover. Jecheon International Music & Film Festival (JIMFF) aims to be a celebration of both film and exhilarating music, shared and enjoyed by people of all generations. The festival presents a series of programs that combine film and music, including one specifically for music, a program that introduces the various currents of contemporary music and cinema and a number of live musical performances staged outdoors on the shores of Cheongpung Lake. JIMFF has been going since 2005 and has carved out an identity all of its own thanks to its novel concept of striking harmony between film, music and nature.

EBS International Documentary Festival (EIDF)
EBS Space
Aug 23—29
Admission depends on program
(02) 526-2122~3/5, www.eidf.org
Maebong Station, Line 3, Exit 3.

Busan International Advertising Festival
Grand Hotel, Haeundae, Busan
Aug 26—28
(053) 623-5539,
www.busanadstars.org
It takes three hours to get from Seoul Station to Busan by KTX.

Experimental Film and Video Festival in Seoul (EXiS 2010)
Sep 1—7
Admission depends on program
(02) 3141-1841, www.ex-is.org

4th Chungmuro International Film Festival in Seoul (CHIFFS)
Theaters of Chungmuro Street, Jung-gu District
Sep 2—10
Admission depends on program
(02) 2236-6231~4, www.chiffs.kr

Regular Events

NANTA

Jung Dong: Mon—Sun 2pm, 5pm, 8pm
Cheongdam: Tue—Fri 8pm, Sat 5pm, 8pm, Sun 5pm,
Myeong-dong: Mon—Fri Sun 5pm, 8pm, Sat 2pm, 5pm, 8pm
VIP: 60,000 won, S: 50,000 won, (Myeong-dong—A: 40,000 won)
(02) 739-8288, www.nanta.co.kr/en
Jung Dong: Seodaemun Station, Line 5, Exit 5. Cheongdam: Gangnam-gu Office Station, Line 7, Exit 4.Myeong-dong: Myeong-dong Station, Line 4, Exit 6 or Euljiro 1-ga Station, Line 2, Exits 5 or 6.

KOREAN TRADITIONAL STAGE, MISO

Chongdong Theater,
Daily (no performance on Mondays) 4pm, 8pm
R: 50,000 won, S: 40,000 won, A: 30,000 won,
(02) 751-1500, www.koreamiso.com
City Hall Station, Lines 1 or 2, Exit 1.
Miso, one of Korea's most popular traditional performances, now has its own dedicated theater in central Seoul. Chongdong Theater, in the historic neighborhood of Jeong-dong, is just down the road from the Deoksugung Palace and an ideal location to take in Miso's compelling blend of traditional dance, music and percussion.

Korean Folk Performance for Visitors

National Folk Museum,
Sat 3pm
Free
(02) 3704-3114, www.nfm.go.kr
Gyeongbokgung Station, Line 3. Walk 15 minutes from Exit 5.

Sachoom

Sachoom Theater (Nagwon Arcade),
Tue—Fri 8pm,
Sat 4pm, 7:30pm, Sun 4pm
50,000 won
(070) 8249-3023, www.sachoom.com
Jongno 3-ga Station, Line 5, Exit 5.

Jump

Jongno Cinecore Theater,
Mon 8pm, Thu—Fri 4pm, 8pm, Sat 1pm, 4pm, 8pm, Sun & holidays 3pm, 6pm
R: 50,000 won, S: 40,000 won
(02) 722-3995, www.hijump.co.kr
Jongno 3-ga Station, Line 1, Exit 15.

Seoul Namsan Gugakdang Regular Performance

Seoul Namsan Gugakdang,
Wed, Fri 7:30pm, Sat 5pm
Adults: 20,000 won, Youths: 10,000 won, (02) 2261-0515, www.sejongpac.or.kr/sngad, Chungmuro Station, Lines 3 & 4, Exits 3 & 4.

Pungnyu Hanmadang

Theater Pungnyu, Korea Heritage Cultural Foundation bldg.,
Every Friday, 7:30pm
5,000 won
(02) 3011-2178~9, www.chf.or.kr
Seolleung Station, Line 2, Exit 8. Walk in the direction of Gangnam-gu Office. The theater is located next to Ramada Hotel.

Battle B-boy (Baby)

B-boy Theater,
Wed—Fri 8pm, Sat 6pm, Sun 2pm
Adults: 50,000 won,
Youths: 30,000 won
(02)323-5233, www.sjbboys.com
Sinchon Station, Line 2, Exit 1. Transfer to bus No. 273. Get off at Samjin Pharmacy bus stop.

Saturday Culture Plaza

National Theater of Korea,
Every Saturday, May—Sep, 6pm
Free
(02) 2280-4115~6, www.ntok.go.kr
Take shuttle bus at Dongguk Univ. Station, Line 3, Exit 2, or yellow bus No. 2 at Exit 6.

Ballerina Who Loves B-boy

LotteWorld Art Hall,
Wed—Thu 8pm, Fri 5pm, 7pm,
Sat—Sun 3pm, 6pm
R: 50,000 won
(02) 2266-3727, www.showbboy.com/language/english.asp
Jamsil Station, Line 2, Exit 4.

Culture and Art in Seoul Plaza

Seoul Plaza,
Daily 7:30pm
Free
(02) 594-4325, www.casp.or.kr
City Hall Station, Lines 1 & 2, Exits 5 & 6.

Legend of Flower

Walkerhill Theatre, Sheraton Grande Walkerhill Hotel,
Daily (no performances on Sundays)
5pm, 7:30pm
S: 60,000 won, R: 80,000 won
(02) 455-5000, www.legendofflower.com, Take shuttle bus at Gwangnaru Station, Line 5, Exit 4 (in the direction of Gangbyeon Station.)

Saturday Performance of Korean Music & Dance

National Center for Korean Traditional Performing Arts,
Sat 4pm
10,000 won
(02) 580-3333, www.gugak.go.kr
Nambu Bus Terminal Station, Line 3, Exit 5.

PAN—The Korean Traditional

Performing Arts directed by Kim Duk Soo
Gwanghwamun Art Hall,
Wed—Fri 8pm, Sat—Sun 2pm
R: 40,000 won, S: 30,000 won
(02) 722-3416, www.ghmarthall.co.kr
Gyeongbokgung Station, Line 3, Exit 1. Walk 10 minutes along the Sajik Park and turn right.

Traditional Performing Arts

Korea House,
Mon—Sat
1st show: Dinner 5:30pm
Performance: 7pm,
2nd show: Dinner 7:20pm,
Performance 8:50pm,
Sunday show: Dinner 6:30pm,
Performance 8pm
50,000 won
(02) 2266-9101~3,
www.koreahouse.or.kr, Chungmuro Station, Lines 3 and 4, Exit 3.

Korea Foundation
한국국제교류재단

You can find more Korea-related events at
www.ClickKorea.org

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SEOUL
LIVING

BLACK FOWL IS FAIR

The swarthy chicken that struts the boundary between food and medicine

Written by Daniel Gray I Photographed by Ryu Seunghoo

The idea of eating black foods seems like a paradox. Maybe it's because we have all learned that burnt steaks, chicken, and grilled cheese don't taste very good. Or maybe it's because we all see ourselves as beings of white light, and black foods might muddy that image. Whatever the reason, the concept of "black foods" is not instantly associated with deliciousness.

Black gold

An enigma in the food world is black chicken, called *ogolgye* in Korea. This is a rare strain of chicken, with black flesh and black bones, that is very difficult to breed—I learned that one farmer in Mt. Jirisan (in the southern region of Korea) is only able to raise 50 a year.

Restaurants that serve this dish are also rare. After a long search, I went to Korea Samkyetang over by Seoul City Hall. Here, they prepare the chicken like *poule au pot*: the black chicken is stuffed with sticky rice, a clove of garlic, ginkgo nuts, and jujubes (*daechu*; Korean date). The chicken is then stewed until the flesh is melt-off-the-bone tender and the broth rich. Just before serving, the chicken is topped with green onions.

Admire before eating

Served in a circular ceramic bowl, the cross-legged black chicken in the whitish broth looks at first glance like a paintbrush-drawn yin-yang sign. In the broth floats a circular purple jujube, a stalk of ginseng, and some green chopped onion. It's very mindful.

After admiring this dish, you might be wondering how you are supposed to eat it. There are no rules. You can start by using your chopsticks and spoon to eat the black flesh and gray/white broth.

The classic, advanced way to eat *ogolgye* is to use your chopsticks to split the chicken in half and pull out all the black bones in the chicken. Afterwards, you can take the rice and all the stuffing and stir it together to make a rich rice porridge.

More than just a meal

Korean people don't think of *ogolgye* as a meal, but as medicine. While talking with Professor Choi Ji-a of Ewha Womans University, I learned that people of a certain body type, *soeumin* (lanky, tall and thin), benefit greatly from eating this dish. She also mentioned that one of her friends always has at least five black chickens in her freezer and that whenever she feels as if she's going to be ill, she cooks one. After eating it, she says she feels reborn.

Now, I don't know what sort of body type I have, but eating this chicken has become my new obsession. I had this dish on Wednesday night, and afterwards I went out drinking until 6am the next morning. I followed this outing with long days at the office and late nights (until 3am) on Thursday, Friday, and Saturday. I don't know if it was the chicken, but normally I turn in around 11pm. I didn't suffer from hangovers, and I felt energized the whole time. I am going to have to return soon to see if this was a fluke or the real deal.

DANIEL GRAY

Daniel Gray is Chief Marketing Officer at O'ngo Food Communications (www.ongofoods.com; see Community Page, p85). He also runs Seoul Eats (www.seouleats.com), one of the leading English-language food blogs in Korea.

MORE INFO

Korea Samkyetang
T. (02) 752-9376
Opening hours: 10am—10pm
Price: *Ogolgyetang* (black chicken stew) 20,000 won

GETTING THERE

City Hall Station, Lines 1 & 2, Exit 10. Walk ahead for two blocks. Korea Samkyetang will be on your right.

See Maps & Guides p.8

Interview with Oriental Doctor Shin Ae-sook from the Kyunghee University East-West Neo Medical Center.

SEOUL: What parts of the body are black foods good for? What are some popular black foods?

Dr. Shin: Black foods are known to be good for the kidneys (腎). In Korean medicine, kidneys have a different significance from that of the organs themselves. Kidneys are where an essential substance that can be turned into *qi* (energy flow) is stored and made, so black chicken can be a very powerful tonic. Some popular black foods are black soybeans, black beans, black sesame seeds, and black rice.

SEOUL: I heard that black chicken is good for a certain body type—what sort of body type is it good for?

Dr. Shin: Female black chickens are used for men, and vice versa, according to the literature, but it's not strictly regulated. Chickens in general have warm properties, so those who have heat-generating properties or skin inflammation may want to avoid it.

SEOUL: What sort of symptoms would black chicken cure?

Dr. Shin: Several studies have shown that black chicken may have some health benefits, including lowering blood pressure. We have yet to discover what the beneficial component is. It is also widely used to treat articular neuralgia (joint pain).

COFFEE WITH TRADITION

Old-school *dabang* keep serving up flavors of the past

Written by Ben Jackson and Ko Yeon-kyung
Photographed by Ryu Seunghoo and Ko Yeon-kyung

Coffee—a barometer of trade and globalization from early mythical Ethiopian goat munchings to today's massive industry. Korea's first encounter with the drinkable black gold was probably in the late 19th century, when it was introduced via Russian diplomats and enthusiastically received by King Gojong of the Joseon Dynasty. 120 years later, Korea is home to countless branches of international coffee mega-chains and quirky, elegant independent establishments, many of which import and roast their own beans. But the intervening years saw the *dabang*, ("tea room") remain a steady favorite place to relax among Koreans.

SEOUL introduces a handful of old-school *dabang* that have escaped the city's ravenous bulldozers to survive as pockets of pure nostalgia.

Hakrim

Est. 1956

Perhaps Seoul's most famous surviving *dabang* carefully maintains its old-style, dark wood interior, refusing to be re-branded as a *kkape* (café). A well-known cream cheesecake accompanies the hand-dripped coffee, both of which are joined by classical music—sometimes on CD, sometimes on vinyl. Korea's students played a crucial role in the fifty-year struggle for democracy, and Hakrim is one of the places where they are said to have discussed philosophy, literature and art, while caffeine enhanced the excitement of an unwritten future. Make the wooden staircase to this second-floor *dabang* the last climb at the end of a walk through nearby Naksan Park (see exploring Seoul, p. 12-15).

T. (02) 742-2877
www.hakrim.pe.kr
Open: 10:30am—midnight
Getting there: Hyehwa Station, Line 4, Exit 3. Turn 180 degrees at the top of the exit and head north. Hakrim Dabang soon appears on the left.
See Maps & Guides p.18
Free wireless Internet: Yes

Minerva

Est. 1975

Minerva's wooden ceiling gently slopes down from both sides of the room into the center—not a case of sagging, but a design to improve the acoustics in this *dabang* opened 35 years ago by a graduate student with a passion for music. Hidden in a corner of Changcheong-dong, near Yonsei University, Minerva also passes each day to a classical soundtrack rich in Beethoven. Utterly removed from the bustle of this area, Minerva manager Hyun In-sun brews coffee for two people at their own table in a siphon—a rare and eye-catching glass arrangement. "It was invented in Europe, then commercialized in Japan," says Hyun.

T. (02) 3147-1327
Open: Mon—Sat, 10:30am—11pm
Getting there: Sinchon Station, Line 2, Exit 3. Head straight, then turn right at the main crossroads. Head on until you see the sign for another coffee shop called Flannel. The entrance to Minerva is down a small alleyway near here, on the right.
See Maps & Guides p.23
Free wireless Internet: Yes

Eunhasu Dabang

Est. Some time in the past

Something playful about this *dabang*, in the arty student area of Hongdae, sets its atmosphere apart from those of Hakrim and Minerva. They say that in the 1970s and 1980s, when central areas of Seoul like Jongno and Myeong-dong were crammed with *dabang*, each one had a pomaded DJ cranking out tunes from vinyl LPs. In a corner of Eunhasu, sure enough, sits a DJ booth full of records and nostalgia—the boss says they're just about to find a DJ. But even better than the fake leather sofa and vinyl throwbacks is the coffee: Eunhasu serves the powdered coffee mix from before the days of imported beans and expensive roasting equipment.

T. (02) 332-0248

Open: noon—midnight / 1am

Getting there: Hongik University Station, Line 2, Exit 5. Head straight and take the fifth road on the left, by Bobo Hotel. Head up this road, then take the third right, when the road starts curving round to the left. Eunhasu is 100m or so down this road, on the right.

See Maps & Guides p.25

Free wireless Internet: Yes

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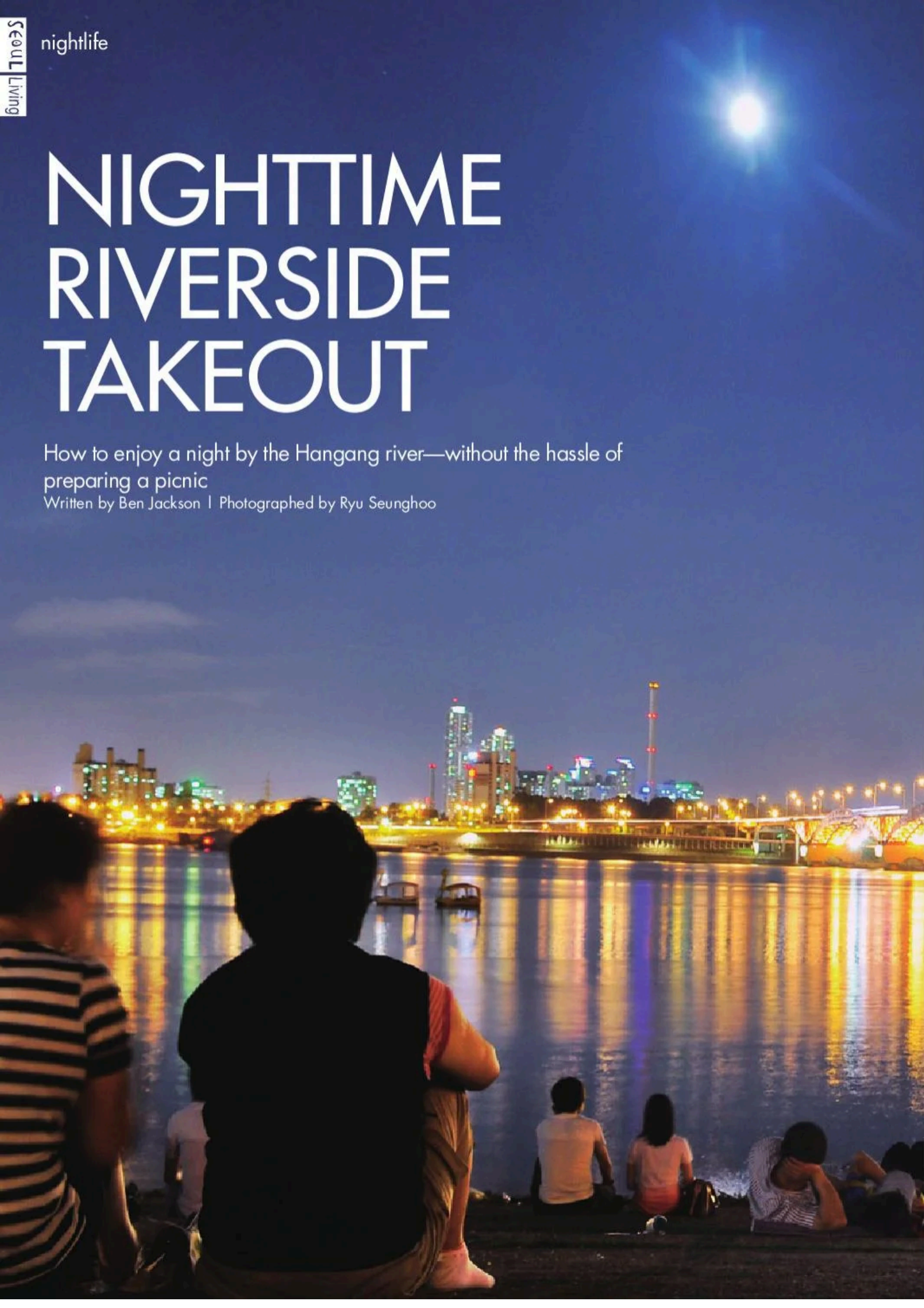
N°85 Susong-dong Jongno-Gu Seoul Korea
Somerset Palace 1F, Exit 1 or 6 from Anguk Station, Line 3

NIGHTTIME RIVERSIDE TAKEOUT

How to enjoy a night by the Hangang river—without the hassle of preparing a picnic

Written by Ben Jackson | Photographed by Ryu Seunghoo



Let's face it: not everyone has the time to get to the mountains for a break from the summer heat, especially not for a few hours on a weekday night. Another popular option for many Seoulites is heading to one of the numerous Hangang riverside parks. But what happens when hunger strikes and you don't have a fishing rod? SEOUL headed to Mangwon Hangang Park, armed only with a mobile phone and list of phone numbers, to explore the food ordering options available.

First things first

If the short walk through the tunnel that serves as the park entrance leaves you feeling thirsty, don't worry: one of the Hangang Park's many convenience stores beckons right ahead. A haven of chips, cookies, ice cream and other summer essentials, the 7-Eleven by the entrance also sells draft beer. A good place to stock up on appetizers and beverages while getting down to food ordering and waiting.

Even at 10pm on a Monday night, the park is full of people relaxing on the grass and the concrete bank that gently slopes down to the quiet, black water of the Hangang River. The orange arches of the Seongsan Bridge and the city on the far side of the Hangang are brightly lit and reflected in the water. An improbably fast stream of cyclists and joggers flows both ways along the riverside path—look left and right before crossing to avoid a spilled beer and an angry cyclist.

Location, location

A list of national numbers of pizza chains presents endless possibilities. SEOUL selects Mr. Pizza, a Korean establishment. Ordering from a park at 10:30pm is no problem: the call is transferred to a local branch and the pizza handover is arranged for outside the 7-Eleven by the park entrance. Listen out for the sound of a moped... One piping hot regular potato pizza: the beer in your stomach is no longer alone.

Time: 35 mins
Cost: 16,500 won
Hassle: minimal

Act 2: enter the chicken

The word *"chikin"* falls in the pool of English vocabulary used in the Korean language that's known as "Konglish." Such words exist in English but are used with different meanings or ranges of meanings in Korean. *Chikin* means not all chicken meat or the bird itself, but only deep fried chicken, usually served with pickled radish cubes. It's highly popular, both in *hopeu* (from the German *"Hof"*; an establishment that sells draft beer etc) and as a takeaway option. SEOUL is out to explore the latter. A tipoff from a staff photographer leads to the selection of Goobne Chicken ("it's oven roast, not oily"). Once again, a rendezvous outside 7-Eleven is arranged. It's 11pm. Not long afterwards, a box of hot and delicious chicken (regular, *"han mari"* ("one chicken")) arrives. Things have gone from good to better.

Time: 40 mins
Cost: 14,000 won
Hassle: negligible

Language issue

Ordering by phone can be tricky if you're having a "bad language day." People taking orders are polite but nearly always in a hurry and tend to speak fast. English will rarely be understood. You'll need to be on the ball when describing your location. Make sure you know the full address of where you are, or pick an unmissable landmark if you're somewhere like in a park. If your Korean is still at the early stages, giving the phone to a native speaker is highly recommended.

MORE INFO

SEOUL recommends eating pizza and chicken as part of a balanced diet with plenty of fresh fruit and vegetables, in order to avoid scurvy.

Phone numbers:

Chicken
BBQ Chicken: 1588-9282
Pelicana Chicken: 1588-9292
Toreore Chicken: 1577-9992
Goobne Chicken: 1688-9292
Nene Chicken: 1599-4479

Pizza
Domino's Pizza: 1577-3082
Papa John's Pizza: 1577-8080
Pizza Hut: 1588-5588
Mr. Pizza: 1577-0077

GETTING THERE

Mangwon Hangang Park. Mangwon Station, Line 6, Exit 1. Getting a taxi to Mongwon Hangang Park (*"Mangwon Hangang Gongwon"*; 2,500 won) is simplest.

ON YOUR BIKE

Finding the right pair of wheels

Written and photographed by David B. Mann

Summer is here in Korea. With the warm weather making the great outdoors more enticing than ever, plenty of people will be looking to buy a bike. Here, SEOUL gives you the lowdown on how to chose the perfect velocipede.

1. Decide what you'll be doing with your bike.
2. Get a bike frame geometry to suit your body type.

For almost any style of riding, getting the right frame for your body and riding style is the first step. Two people of the same weight or size can have very different frame geometries due to such factors as body type, arm/leg length, and torso length. A good bike store will have a staff that can eyeball the right size of frame for you. Spending a little time with a proper fit mechanic to dial in the fit does add to the price of a good bike, but it's worth it in the long term.

Types of bike

USE: Transportation, getting from point A to B, or relaxed cruising, such as a scenic weekend along the bank of the Hangang River

BIKE: A fixed gear bike, or "fixie," might be the best for you. Fixies come in a variety of styles, but over the past year and a half the trend has been changing from a touring type of frame to a BMX type. Almost all fixies are sold with brakes, but owners who are looking to do more BMX-style tricks with the bike can easily remove them. Stopping is then done by rotating the pedals in a counterclockwise direction. The parts most prone to requiring maintenance on a fixie are the frame and tires. The more BMX-style riding you do, the more frequently you will need to change the tires, and the harder it is on the frame.

SEOUL'S PICK
DICE SHOP

T. 070-8278-3423
Website: www.pista.co.kr
Getting There: Hapjeong Station, Line 6, Exit 7. Turn left along Tous Les Jours bakery and go down the hill for five minutes. The DICE shop is located on the left.

USE: Tricks; catching as much air as possible

BIKE: BMX is what you need. These bikes are most commonly a double-diamond shape and have very sturdy yet lightweight frames. The fewer welding points on the frame the better, since BMX bikes have to take a lot of impact from the landings when you're doing tricks. Most BMXes have only one gear; the rider builds up speed by starting a run at the top of the tallest ramp on the course. Brakes are a

SEOUL'S PICK
4130

T. (02) 3142-4130
Website: www.4130.co.kr
Getting There: Sangsu Station, Line 6. Walk out of Exit 3, turn around immediately and take a left. Go straight for 50m. 4130 shop is located on your left.

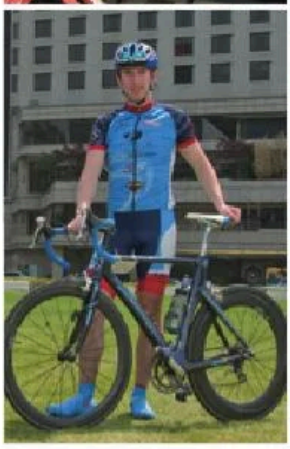
necessary component, since the pedals are free-spinning, allowing the rider to better position his or her feet during stunts. A signature feature of the BMX is a seat much lower than the handlebars, so body parts don't get tangled up when you're spinning in the air.

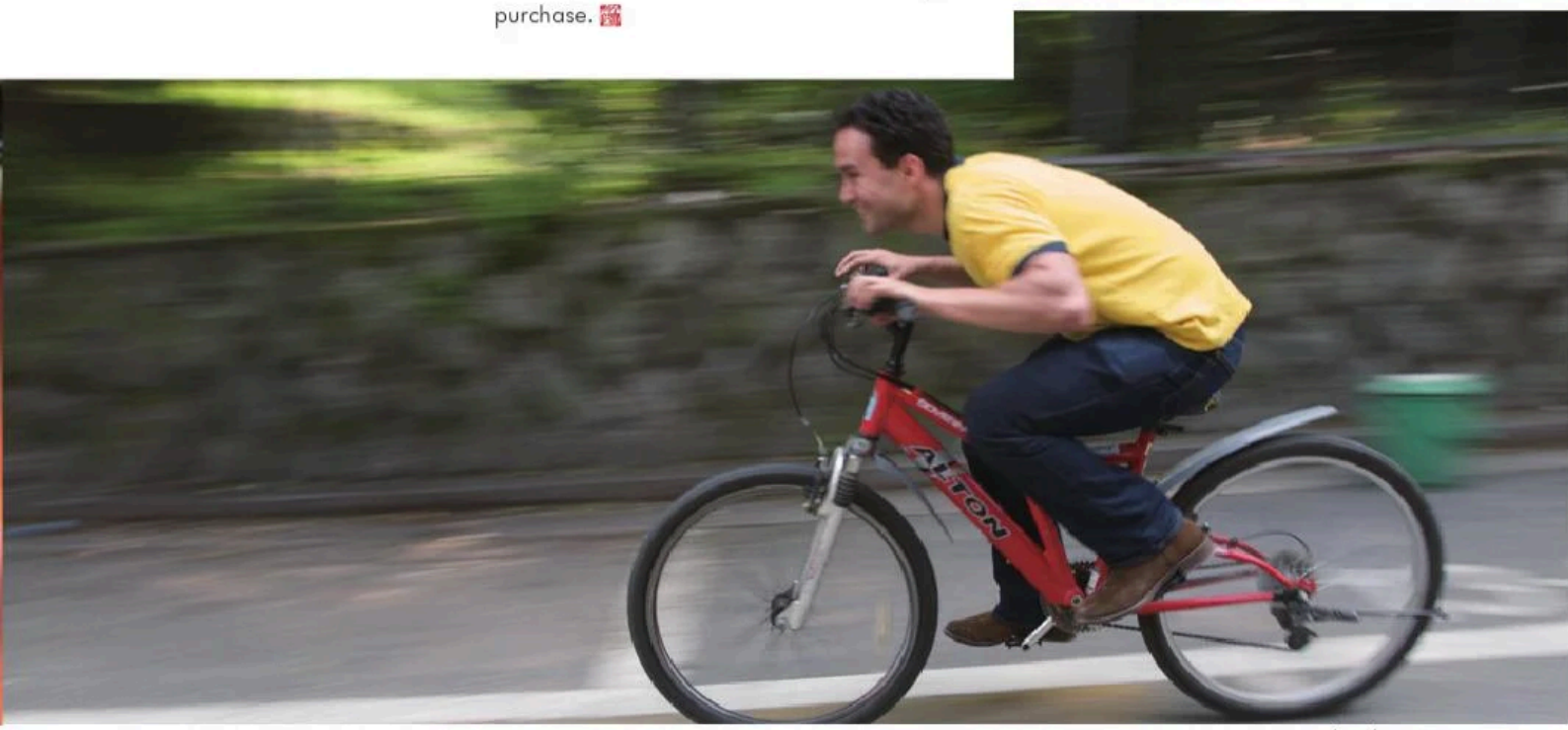
SEOUL'S PICK
BIKENARA (JAJEONGEO NARA)
T. (02) 715-5137, 5147
Website: www.bikenara.co.kr
Getting There: Hapjeong Station, Line 6, Exit 5.

USE: Off-road riding; all-around versatility; occasional tricks
BIKE: Mountain bike. It has the same basic geometry as a BMX, but can be considerably heavier due to several factors. Usually not used for doing BMX competition-style tricks, so light weight and extreme maneuverability are not paramount factors in the design. The several gears allow for quick acceleration over a wide variety of inclines and terrains. Some sort of shock-absorbing system is usually incorporated into the frame design. The frame itself is noticeably heavier than that of a BMX and tends to have bigger diameter. The seat is normally higher and farther back from the handlebars than on a BMX. More components mean more maintenance, but the tires and frame still need the most attention.

SEOUL'S PICK
SSUNG 2 SHOP
T. (02) 336-6675
Website: www.ssung2shop.com
Getting There: Mangwon Station, Line 6, Exit 2. Go 200m and turn right at the intersection. Walk straight for 650m and turn right at Mangwonjeong Intersection. Ssung 2 Shop is on the left.

USE: Long-distance road touring
BIKE: Road bike—the style of bike we grew up referring to as a ten-speed. Some now have up to 20 speeds. The typically long rides make getting a proper fit for your body type even more important; having a proper fit mechanic is a must. These do not have to take as much shock as the other bike types discussed so far, so the frame can be made much lighter. Much more attention should be spent on individual components when buying one; the wide variety of component suppliers means a greater amount of research needed before your purchase.





TO WWOOF OR NOT TO WWOOF?

Organic blueberry picking proves a viable alternative to rat racing

Written and photographed by
Rob McGovern

The built-up nature of Korean cities—buildings looming over you wherever you walk—can have an adverse effect on time spent here. The sometimes claustrophobic and imposing landscape of high-rise apartment buildings, coupled with the inevitable city smog and congestion, especially when the Korean summers are in full swing, can make life in the city demanding. As the end of the working week approaches, thoughts turn to leisure and ways to combat the fatigue of metropolitan living. What better way to shake off the shackles of the rat race than to get out of the city and back to nature?

A new avenue of escape from the city

In 1971, a secretary from London arranged a trial working weekend for four people on an organic farm in an attempt to find a brief respite from city life, and WWOOFing was born. WWOOF is an organization that connects hosts and visitors who are willing to trade accommodation and meals (and usually local guide services) for time spent working on the farms.

MORE INFO

WWOOF Korea
T. (02) 723-4510
Website: www.wwoofkorea.co.kr
(WWOOF Korea)
www.wwoof.org/index.asp
(worldwide site)

A simpler way of life

Berry Love Farm is a blueberry farm in Chungcheongnam-do that hosts WWOOFers for cultural exchange, as well as a little backbreaking labor. Set just outside Gyeryong city, the farm is small, with only 500 blueberry bushes. Farmer Mr. Lim explained, "I noticed that in Japan most blueberry farms have only around 500 bushes, and after my first harvest I realized why. With this number, you can maintain quality because just two people can perform all the farm chores, including picking all the fruit."

Life on the small farm is relaxed, with as many breaks for blueberry smoothies as there were hours of actual working. Those hours, however, will make sure you earn your supper. Drainage ditch digging unearthed a microcosm of insect life, and mulching the young berry bushes, bending over and scattering wood chippings to protect the soil, is no laughing matter. Re-potting plants provided a brief respite from the blistering sun and allowed the spine a chance to revert to a more obtuse angle, and there was even a smattering of actual berry picking. But maintaining the quality level required to reap around 40,000 won per kilo is not as easy as it sounds. An outdoor shower and latrine complete a realistic picture of life on a rural Korean farm.

The simple barter of labor for lodging, along with the fact that no money changes hands, seems to hark back to a simpler time, and a night spent on an organic farm is a night where the familiar din of taxis is replaced by the incessant chirping of insects, while black fingernails and aching muscles are badges of hard work. The solitude and the nature of the night, coupled with the sore muscles and the country air, provide a night's sleep that you are unlikely to find in the city.

Shared philosophy

Exactly what you can expect from WWOOF Korea farms will differ slightly from farm to farm, but as part of the WWOOF movement all the farmers are likely to have a similar philosophy: they believe in organic farming and are willing to accept complete strangers into their lives (and often their homes) for a few days at a time in exchange for nothing more than a little hard work.

To WWOOF in Korea, you need to join the organization as a member, providing some personal details and a copy of your passport and paying the membership fee of around 60,000 won for a single membership and 70,000 won for a dual membership.

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hotel news

New restaurant, new chef: CLOCK16 / Sheraton Grande Walkerhill, Mt. Achasan

June 2010 saw an exciting new addition to Seoul's European dining scene with the opening of CLOCK16 restaurant & bar. Named to evoke the atmospheric afternoon-evening transition when the clock hits 4pm, CLOCK16 seats up to 181 people and boasts a dazzling view of the Hangang River and Mt. Achasan.

With the opening of CLOCK16, Walkerhill has brought over one of New York's star chefs, Justin Toth. Having gained extensive experience working with prominent European chefs like Kurt Gutenbrunner and Gray Kunz, Toth arrives in Seoul keen to explore Asian cuisine and work with veteran Walkerhill chef Kang Chul Kyu. Kang and Toth have put together the menu for CLOCK16, which boasts a wide range of European tastes including French, Spanish, Italian, and Greek cuisine.

Head to CLOCK16 for dishes not easily found in Korea, such as Spanish *jamón*, baked *escargot*, *foie gras*, *wagyu* ribeye steak, and lamb shank. Tender chicken is cooked in a "*sous-vide*" style, a vacuum-sealed slow cooking method started in France, ensuring that the meat retains full flavor and moisture. Other signature services to be found at CLOCK16 include flambé demonstrations, at-table steak carving, and even Luwak coffee, famous for being the world's most expensive and for being excreted by the Asian palm civet.

Contact: (02) 450-4516
or www.sheratonwalkerhill.co.kr

A question of blood / Imperial Palace, Gangnam

What's your blood type? Spend a night in one of Imperial Palace's Superior Rooms and enjoy breakfast for two at Café Amiga if your blood type is A, unlimited draft beer for two at Garden Terrace from 7pm to 9:30pm if it's B, unlimited tequila shots or draft beer at the New York-style lounge bar Zoe from 7pm to 9:30pm if it's O, or a Skincare Program for one at the hotel's own Medical Square if it's AB.

When: until Sep 5
How much: 190,000 won (excl tax and service)
Contact: (02) 3440-8000
or www.imperialpalace.co.kr

Mediterranean food festival / Novotel Ambassador Gangnam

European restaurant "the bistro" offers a selection of premium dishes from the eclectic sea with shores in Europe, Africa, and the Middle East. A chance to fill up on swordfish *carpaccio* with herbs, grilled king prawn garnished with angel hair pasta, sea bass seasoned with short-necked clams and *porcini* mushrooms, *polenta* and crispy bacon garnished with Fontina cheese, fresh salad covered with herb-seasoned cherry tomatoes and parmesan, and more.

When: until Aug 31
How much: Lunch sets 48,000 / 50,000 / 53,000 won, dinner sets 52,000 / 56,000 / 60,000 won
Contact: (02) 531-6604
or novotel.ambatel.com/gangnam

Vietnamese cuisine at the Timber House / Park Hyatt, Daechi 3-dong

Park Hyatt Seoul's live entertainment bar, The Timber House, puts on a celebration of Vietnamese cuisine. Highlighting the unique tastes and flavors of Vietnam, Le Huu Tu, a chef from Park Hyatt Saigon, will offer the finest traditional Vietnamese dishes made using healthy, fresh herbs along with seafood and vegetables. Indulge in authentic Vietnamese cuisine complemented by premium beverages and a live performance by an internationally renowned vocalist.

When: Aug 19—28

How much: Special Dinner starting from 18,000 won (à la carte); six-course set dinner 75,000 won, cooking class 90,000 won (excl tax/incl service)

Contact: (02) 2016-1290
or seoul.park.hyatt.com

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hotel news

Hot and cool summer / Hotel Samjung, Yeoksam-dong

A couple of innovative summer packages, both combined with a shuttle bus service from the hotel to the nearby Jamsil Hangang swimming pool, allowing you to beat the summer holiday traffic by relaxing in style in the middle of the city. "Summer hot" gets you one night's accommodation plus breakfast for two, a free bottle of mineral water, free in-room Internet use, two welcome drink coupons, and fruit service. "Summer cool" gets most of the benefits of "summer hot," plus two free kids' sandwiches, two free bottles of iced mineral water, a voucher for a 30% discount on future accommodation at SamJung Buyeo Youth Hostel, entry for one into the hotel sauna, free breakfast for kids four years old or younger, and a 10% discount at the evening buffet restaurant.

When: until Aug 31

How much: summer hot 127,000 won, summer cool 140,000 won (excl tax)

Contact: (02) 556-8572 or www.samjunghotel.co.kr.

W Gelato / W Seoul-Walkerhill, Mt. Achasan

The latest in W Seoul's famous YUM Events comes in the form of an ice cream extravaganza, courtesy of W's cuisine director Ciaran Hickey. Hot—or cold?—on the heels of the opening of remodeled Japanese restaurant Namu, W presents a dazzling portfolio of gelati to make you wish the summer heat would never ease up. Choose from Rum Punch with toasted coconut and mango gelato, pineapple pieces, rum syrup, and coconut macaroon; Coffee Bean with espresso & frozen caramel macchiato gelato, vanilla cream, and chocolate coffee beans; Chocoholic with valrhona dark chocolate & milk chocolate gelato, chocolate fudge, and chocolate crisped rice; Italiano with pistachio, hazelnut & amaretto gelato, biscotti, candied almonds, and frangelico; or Peanut Butter Crunch with praline & peanut butter gelato, brownie pieces, dark chocolate syrup, and marshmallows.

When: until Aug 31

How much: 15,000 won each (excl tax and service)

Contact: (02) 2022-0111 or www.wseoul.com

Lobster festival / JW Marriott Seoul, Banpo-dong

JW's Grill presents fresh and plump North Atlantic lobster—popular for its sweeter taste and its cholesterol-free, protein-rich healthy properties—across the menu. À la carte includes grilled lobster with white wine cream sauce, lobster tail and shrimp simmered in a saffron stock, and lobster tail and shrimp with tomato ravioli. Appetizers include lobster medallion with avocado mousse and spicy seafood florentine chowder. Chef Hwang's special set menu features Alaskan king crab and lobster cake with persimmon sauce, spicy seafood chowder and grilled lobster tail with beef or seafood, followed by fresh apple tart served with cinnamon ice cream or crunchy honey banana rum sabayon.

When: until Aug 31

How much: à la carte 48,000—92,000 won, Chef Hwang's set menu 85,000 won (excl tax and service)

Contact: (02) 6282-6759 or jw-marriott.co.kr

Spotlight on Singaporean cuisine / Millennium Seoul Hilton, Mt. Namsan

This month, international buffet restaurant Orangerie welcomes famous chef Wong Ah Sang from Singapore's acclaimed Prima Restaurant. The chef will introduce authentic fare from the island nation, including *laksa* (Singaporean pork rib soup), deep fried prawn, Hainanese chicken rice, chili crab, and much more to Orangerie's bountiful buffet. Singapore is world-renowned for its vibrant and exciting cuisine, which draws influences from its diverse surrounding areas.

When: until end of Aug

How much: lunch buffet 52,000 / 31,200 won adults / children (12 and under), dinner buffet 57,000 / 34,200 won adults / children (incl tax and service)

Contact: (02) 317-3143 or www.hilton.co.kr

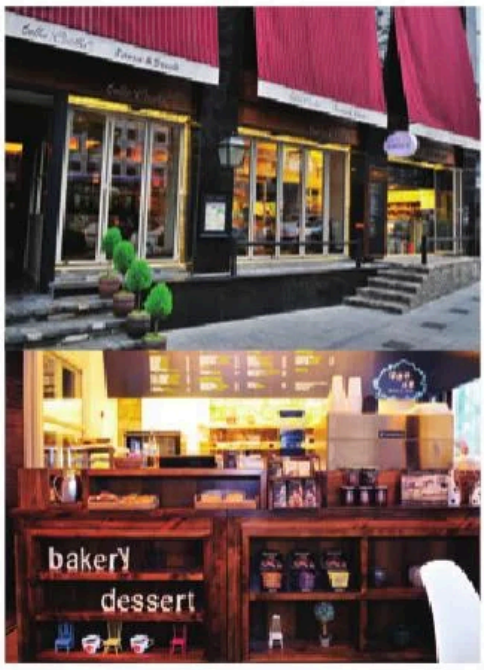
New European-style desert café!

Astoria Hotel, Chungmuro

Following a resoundingly successful first year, the Astoria Hotel's delicious Bella Coolla 63 New-York-style Italian restaurant boasts a new addition: the European desert-style café; "Dolce la Sera." Adjoining Bella Coolla 63 in the dining space of one of Seoul's most historic hotels, Dolce la Sera offers not only coffee, other hot drinks, fruit juices, and smoothies but also a variety of cakes and buns that make it well worth the short walk from Myeong-dong. Produced through consultation with *pâtissiers* from top hotels and experts from Italy and France, Dolce la Sera's range of macaroons, cheesecake, brownies, waffles, and more is made using only strictly selected ingredients according to the best recipes, and designed to bring Seoulites the epitome of genuine European baking and confectionery.

Dolce la Sera's mocha buns, meanwhile, are made according to a recipe created to appeal especially to Korean tastes. They use naturally fermented Australian butter and premium-quality baking flour.

Contact: (02) 2275-7473



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PROVIDING THE SOUNDTRACK TO STYLE

W Hotels Worldwide reinforces reputation for innovation by appointing Michaelangelo L'Acqua as Global Music Director

Photograph courtesy of W Hotels Worldwide

How do you go about writing the soundtrack for a global chain of cutting-edge hotels and resorts? The answer comes in the form of US music producer Michaelangelo L'Acqua, who dropped in to W Seoul this summer as part of a whirlwind tour of W's top Asian destinations.

Track record

L'Acqua comes to W with a stellar trail of success in the fashion industry stretching out behind him like a long dress on a catwalk. Since Tom Ford approached him in 1999 with an invitation to become music director of Gucci and Yves Saint Laurent in Europe, he has produced a bewilderingly large number of TV campaigns, music compilation series, scores for commercials and standalone albums as well as personally DJ'ing many global live events.

L'Acqua is modest about his achievements. "My work has been more like that of a craftsman," he claims. "People have always told me what they want, and I've made music to their specifications."

Visceral music

But how do you globally musically direct a network of hotels and resorts? "I'm used to abstract kinds of instructions from working in the fashion industry," says L'Acqua. "People will say to me, 'I want something round, but kind of a bit square' or 'give me something really colorful, and dark'. Writing music for a hotel is like writing a soundtrack to people coming and going, and the different atmospheres according to the time of day. But it's also about creating associations between people, music and place. If people come here and hear my music I want them to feel it really viscerally, so that whenever they hear it later on they associate it with W."

Creating a brand identity

Appointing a global music director is part of a larger strategy by W Hotels Worldwide to develop its identity as an "innovative, contemporary, design-led lifestyle brand" rather than just somewhere stylish to spend the night. It must, in the words of Matthew Jung, W Hotels' Director of Marketing for the Asia-Pacific Region, "have relevance to the local population" and be "not a hotel, but a 'place'." As such, W also appointed respected fashion industry veteran Amanda Ross earlier this year as its global fashion director.

W Hotels is currently in the process of a huge worldwide expansion, its number of hotels worldwide set to more than double by 2011. New destinations in Asia alone include W Retreat Koh Samui (Summer 2010), W Retreat & Spa Bali—Seminyak (Fall 2010), W Guangzhou (Winter 2010), W Bangkok (2011) and W Shanghai—The Bund (2014).

It's in the lyrics

L'Acqua's sense of fashion is as impeccable as could be expected from someone on the front line of W's global style expansion. But maybe he still has a bit of sympathy for people that don't quite feel cool enough to hang out in some of the world's most chic hotels. Among the tracks on the stunning *Symmetry* CD he created for W Hotels is a remix of a Miike Snow number with the lyrics "I change shapes just to hide in this place, but I'm still an animal..."

WHO WANTS TO PLAY THIS SUMMER IN THE CITY?

WHAT

W 서울 워커힐의 서머 패키지로 세련되고 감각적인 여름을 계획하세요.
워커힐 리버파크 야외 수영장과 W서울 워커힐 실내 수영장 이용, 구리빛 서머룩의 완성을 위한 W 태닝데크,
우바에서 즐기는 섹시한 서머 쿨 칵테일, 크리스챤 디올에서 제공하는 매력적인 선물까지…
ESCAPE과 STAY COOL 중 당신의 스타일에 맞는 여름 패키지로 색다른 즐거움을 경험하세요!

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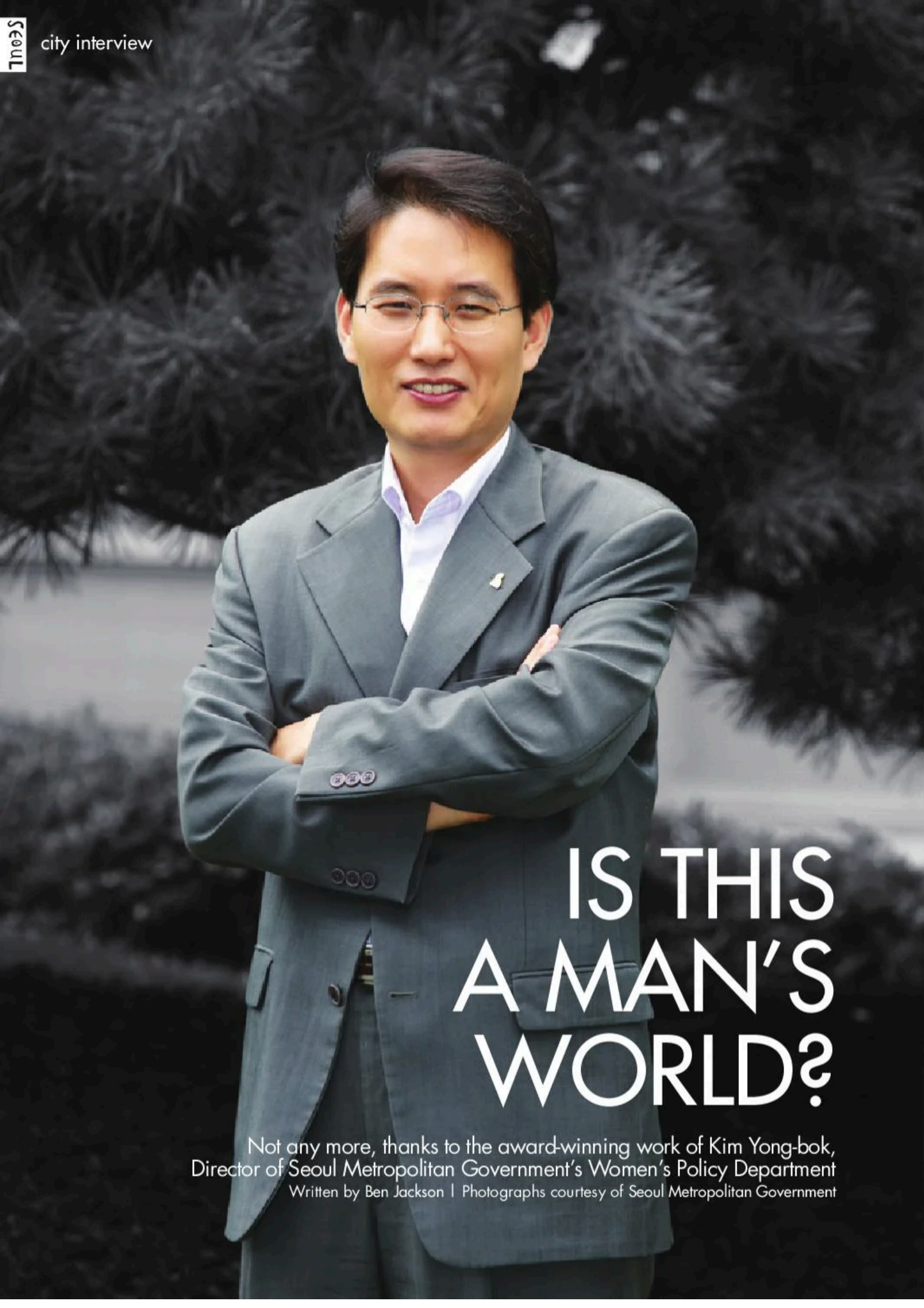


IS THIS A MAN'S WORLD?

Not any more, thanks to the award-winning work of Kim Yong-bok, Director of Seoul Metropolitan Government's Women's Policy Department

Written by Ben Jackson | Photographs courtesy of Seoul Metropolitan Government

Q. Please tell us about Seoul's "Women-Friendly City Project."

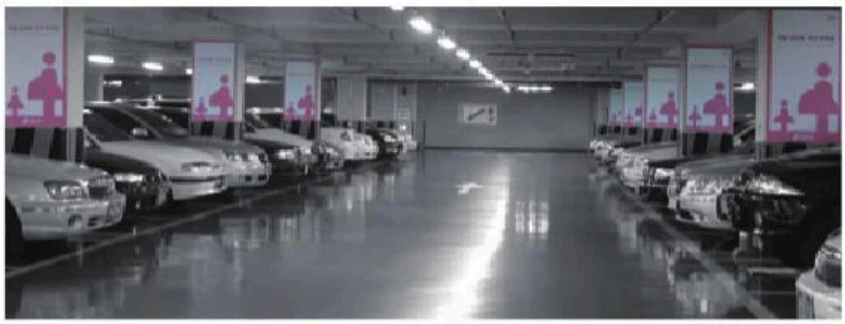
A. At a meeting between Seoul Metropolitan Government (SMG) employees and the recently elected mayor of Seoul, one employee complained that the talons of her high heels were getting stuck in the cracks between the paving slabs in the back yard of City Hall. This was absolutely no problem for male employees, but was a source of inconvenience for women. The revelation led to a change in direction in women's policy.

Women's policy in Korea had until then generally been made at central government level and focused on legal and systemic improvements in gender equality and women's rights. But such policies failed to reflect women's perspectives in areas like urban planning, road design, transport and culture, and were thus unable to address the inconveniences encountered by urban-dwelling women in their daily lives. Recognizing this, SMG began a project to get rid of everyday inconveniences.

Specific measures include reducing toilet cues by adding more cubicles, providing more safe car parks for women, creating "Seoul-style kindergartens" that women can trust to look after their children, jobs for women that reentering the job market after having children, and so on.

Q. I heard that the Women-Friendly City Project won a United Nations Public Service Award.

A. Seoul collected the first prize in a ceremony held in Barcelona on June 23 this year. The United Nations Public Service Awards (UNSPA) were established in 2003 and are the most authoritative in the field of public service. The global recognition signified by this award helped underline the positive responses that the Women-Friendly City Project had received until then in Korea and overseas for its novel policy of reflecting the perspectives and experiences of women in all areas of urban policy.



Women-friendly parking lots

Q. What kind of improvements has the Women-Friendly City Project brought?

A. We are working on 90 projects in five broad areas—childcare, jobs, culture, safety and convenience—to make facilities and services in Seoul more women-friendly. Among these, nine have been selected as leading projects, subject to extra effort. These include: toilets, the object being to provide the same number of toilets for women as for men; parking lots, which are being expanded and given better lighting and CCTV coverage; a call taxi service to take women home safely late at night; more "Seoul-style" kindergartens to raise the quality of public childcare; a scheme to help housewives and mothers find jobs or start businesses; and helpers to prepare food for school students, thus reducing the burden on mothers.

We have also drawn up new women-friendly guidelines to be consulted in the construction of facilities such as toilets, car parks, roads, parks, apartment complexes and so on.

But perhaps the greatest result of the Women-Friendly City Project has been the creation of an environment where women's positions are considered and reflected in the making of all city policy.

Q. What plans do you have to make Seoul an even better city for women in the future?

A. We will continue coming up with new projects that reflect women's needs, based on our achievements so far, especially in areas such as women's safety and health, culture, and work-family balance.

In order to succeed in such new projects and to continue and improve existing ones, we need to strengthen women's networks and increase the participation of female citizens in formulating all city policies.

Women-friendly project dinner

PAINT IT GREEN

Korea's national pursuit of green growth opens the door onto new economic horizons.

Written by Robert Koehler | Photographs courtesy of Daewoo Shipbuilding & Marine Engineering and Korea Electric Power Corporation

Korea has a knack for development models. The nation's dramatic reconstruction and economic development following the Korean War served as the 20th century's shining example of export-led industrial growth. With a seemingly single-minded focus, Korea transformed itself from a poor, almost entirely agricultural society into a highly-educated, urban society with an economy dominated by heavy and high-tech industries.

As we embark on the 21st century, however, the limits to this kind of "bricks and mortar" development have grown increasingly apparent. The toll industrial development has taken on the natural environment and, accordingly, our quality of life has been enormous. The threat of climate change looms over the planet, while rapid development in emerging economies—most notably China and India—brings with it significant environmental challenges and forces us to reexamine the sustainability of current development paradigms. Nations around the world are looking for new models of growth that create jobs and wealth in a manner that is both sustainable and ecologically friendly.

Korea has not only been active in efforts to promote "green growth," but it has also been a leader. In a column for the Korea Herald, UN Secretary General Ban Ki-moon wrote, "No nation has shown more commitment to pursuing this low-carbon path via national stimulus packages than the Republic of Korea... The Republic's commitment to greening its economy represents nothing less than a fundamental shift in its approach to building the nation's prosperity." Since the current

Wind turbines on Jeju-do

administration of President Lee Myung-bak announced its "Green Growth" policy in 2008, Korea has set in motion plans to drastically boost energy efficiency, reduce carbon emissions and promote the development and use of green technologies.

Green growth in a green country

While the emphasis on "Green Growth" may seem like a recent phenomenon, Koreans have long held nature in deep, almost reverential regard. Harmony with the natural environment is a core value in Korean traditional culture, with mountains, rivers, rocks and trees imbued with energy that shapes mortal fortunes.

Even during the years of breakneck industrial development, when any objective observer would admit significant changes were rough upon the natural environment, the authorities were not without concern for Mother Nature. Anyone who has been to Korea knows this. Korea's mountains and hillsides are covered in lush forests, the product of a wildly successful reforestation effort launched in the 1960s. Some 65% of Korea is covered by forests, a fact that is truly stunning if you've seen the barren hillsides so common in photographs taken in the first half of the 20th century.

Low carbon, affordable energy

Sensing that "Green Growth" is the way of the future, the government embarked in 2008 on a long-term industrial and energy strategy to produce sustainable, ecologically friendly growth. Together with businesses, academia and civil society, President Lee and his government drew up a plan based on the so-called "3Es": energy security, economic efficiency and environmental protection. The resulting "Low Carbon, Green Growth" strategy was announced on Liberation Day, 2008 by President Lee, who said, "Green growth refers to sustainable growth which helps reduce greenhouse gas emission and environmental pollution. It is also a new national development paradigm that creates new growth engines and jobs with green technology and clean energy." With all the confidence of a nation that rose from the ashes of war to become a global economic giant, Lee pledged, "Green growth will enable a Miracle on the Korean Peninsula to succeed the Miracle on the Han River."

To do this, Korea will:

- Reduce its energy intensity level to 0.185 TOE/US$1,000 by 2030, a 46% drop from 2008. It will also cut energy consumption by 42 million TOE;
- Boost renewable energy consumption to 11% by 2030, while reducing fossil fuel consumption to only 61%;
- Develop Korean green technology to the level of other developed nations;
- Ensure low-income families have access to affordable energy.

To guide this strategy, the Presidential Committee on Green Growth was created, which drew up "three strategies and 10 policy directions" to guide Korea into the world's top seven in terms of "green power" by 2020 and into the top five by 2050.

Growing market

Korea's private sector is also embracing the new possibilities brought by changing global energy trends. Daewoo Shipbuilding & Marine Engineering (DSME) is currently building an offshore wind turbine installation vessel for German energy company RWE, due for delivery at the end of 2011. The vessel is 109 meters long, 40 meters wide and can carry up to four 5-Megawatt wind turbines with 60-meter blades at once. "We hope to carry on pioneering the new and renewable energy market," says Lee Sang-kyu of DSME's publicity team. "It's growing rapidly at the moment and we believe it has a bright future too."

Earlier this year DSME, signed an MOU with Nova Scotia in Canada to convert a rail car plant into a wind turbine and turbine tower factory.

Samsung C&T, the global construction giant that built the world's tallest tower in Dubai, also signed a $6.6 billion investment deal with the government of Ontario in January this year to provide solar and wind energy generation capacity of 2,500 Megawatts in the Canadian province.

As more strategies and policy directions are tangibly reflected in Korean manufacturing and construction over the coming years, the true shape of a green economy fit for the 21st century may become apparent.

DSME's wind turbine installation vessel

COMMUNITY PAGE

AUSTCHAM BREAKFAST FORUM

Namsan II, Grand Hyatt Hotel
Aug 10, 7:30am (for 8am start)—9:30am
Cost and other details to be advised: keep an eye on www.austchamkorea.org for more info.

BASS CATCH-UP COFFEE

Starmoon Cafe, ground floor, Fraser Suites
Aug 10, 10am—noon
Catch up with old friends and meet new ones at this monthly British Association of Seoul event. For more info, vist www.britishseoul.com.

NIGHT OF 1,000 PLAYS

Script submission deadline is Aug 15
Seoul Players' 3rd Annual Night of 1,000 Plays takes place this September and October. The group needs writers, directors, actors, technicians or just general helpers to produce and perform original "short-short" pieces (max three minutes). What Seoul Players need now is writers to come up with original short pieces of any genre, in any language and on any subject. For more info, email info@seoulplayers.com, visit www.seoulplayers.com or look them up on Facebook.

ANZA GLOBAL CAFE

Paris Grill Bar, Grand Hyatt Hotel
Aug 17, 10am
This month, the Australian & New Zealand Association of South Korea welcomes MinYoung Kim, who graduated in London from Central Saint Martins, worked as a designer for various fashion designers including Alexander McQueen, and is now back in Seoul designing and selling garments under her own label El Fashion, for the modern and confident woman who wants something a little different and unique. For more information, see Kim's website: minyoung-kim.blogspot.com. For more info or to RSVP, visit www.anzakorea.com.

AUSTCHAM SUNDOWNER

Aug 20
The Australian Chamber of Commerce in Korea's monthly get-together. Location and other details to be advised: keep an eye on www.austchamkorea.org for more info.

BASS MONTHLY MEETING

Seoul Club, Mt. Namsan
Aug 24, 10am—noon
The British Association of Seoul is hosting its monthly meeting at the Seoul Club. Catch up with friends and sign up for BASS events. Members and non-members are welcome at this relaxed morning tea. 10,000 won members or 14,000 won non-members. For more info, see www.britishseoul.com.

BOOK SEONG JAE

A cultural center housed in a Korean traditional *hanok* in the historic neighborhood of Bukchon (ten minutes' walk north of Insa-dong), offering knowledge and hands-on experience of Korean culture, regular programs of guided tours and performances (and custom-made programs for groups, as requested), and a space for small groups and clubs to meet. Be sure to see what Book Seong Jae has on offer by calling (02) 766-9273, or emailing dayonha@hanmail.net.

CHRISTIAN KRACHT READING + FRAUKE FINSTERWALDER FILM

Goethe-Institut Korea, Seoul Square
Aug 27, time TBC
Since the publication of his first novel *Faserland* in 1995, Christian Kracht has been regarded as the founder of German pop literature. One of the most important writers on the new German-speaking literature scene, Kracht will live and work in Seoul from August 15 until September 19 this year. On August 27, he will give readings from his own and several other German works, after which *The man is human*, a film by his wife, well-known German director Frauke Finsterwalder, will be screened. For more info, call (02) 2021-2806 or visit www.goethe.de/seoul.

MIGRANT WORKER FILM FESTIVAL

Screen 5, CGV Daehangno film theater
Sep 4, time TBC
Now a well-established part of the Korean film world, the annual Migrant Worker Film Festival is back for another year. Aimed at promoting understanding in Korea's rapidly developing multicultural society, MWFF is a great chance to get insights in the worlds of migrant workers and women, who still lack a strong voice in mainstream media. For more info, phone MWFF's Executive Committee Chairman Aung Tin Tun on (02) 776-0416 or 010-5472-2826.

BUKCHON KOREAN TRADITIONAL HOUSE

This guest house and cultural experience center occupies a Korean traditional *hanok* building in the Bukchon neighborhod. Guests can spend the night in this beautiful structure for 40,000 won a night for a single room, or 60,000 for a twin or 70,000 for double with private bathroom.
Seven different cultural experience courses are also available, offering combinations of activities such as drinking traditional tea, wearing traditional clothes (*hanbok*), making kimchi, eating home-cooked food, eating seafood *jeon* (pancake) with *makgeolli* (rice beer), making and eating *patjuk* (red bean porridge), making *mandu* (dumplings) and sewing. For more info, call (02) 743-8530 or visit www.bukchon72.com.

ENGLISH SUBTITLES AT CGV

CGV cinemas and Seoul Metropolitan Government have come together to offer English subtitles at screenings of selected Korean films in selected theaters. This year, a total of 20 films will be screened with subtitles at four CGV theater: Gangnam, Myeong-dong, Yongsan and Guro. Subtitled films for August are "The Man from Nowhere" (confirmed) and "I Saw the Devil" (to be confirmed). For more info, visit www.cgv.co.kr.

GOETHE-KINO—LOLA RUNS

Goethe-Institut, Seoul Square (opposite Seoul Station)
Aug 14, 7pm
Following the Goethe-Institut's temporary relocation to Seoul Square, while its original Mt. Namsan building is refurbished, Goethe-Kino has started screening films every other Friday evening. This summer's film season is entitled "All about Love," and *Lola Runs* is the last film in the series. It tells the story of Lola, who has 20 minutes in order to raise 100,000 Deutschmarks in order to save her boyfriend's life...

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* Local call charges apply, according to your mobile phone service provider's price scheme.

MADE IN NORTH KOREA: MYFASHIONINDUSTRIES OPENS FIRST FLAGSHIP STORE IN SEOUL.

German artist Dirk Fleischmann's own fashion label presents blouses and shirts with a unique visual concept and their own story to tell. myfashionindustries triggers issues of commodity fetishism by redefining the oft-obscured relationship between labor and commodity.

The new "Made in North Korea" collection was manufactured at the Kaesong Industrial Complex, an inter-Korean joint venture where South Korean companies are able to operate inside North Korea and employ North Korean workers.

The shirts come with an artist's book that includes a collection of more than a thousand newspaper articles about the Kaesong Industrial Complex, which were published during the period of the production of the garments: from March until June, 2010.

Dirk Fleischmann is teaching as visiting professor in the fine art department at Hansung University.

The myfashionindustries store is located at Seongbuk-gu, Dongsomun-dong 1-ga, 18-300, Seoul 136-031 (Hansung University Station, Line 4)

Opening hours by appointment only. Please contact dirk@myfashionindustries.com, or for more info visit www.dirkfleischmann.net or www.myfashionindustries.com.

MI SU DA

Seoul Namsan Traditional Theater

Open Run: Every Wed—Sun, 4pm (no performances Mon or Tue)

A new form of cultural experience combined with performance, Mi Su Da gives you a unique chance to wear Korean clothes, drink Korean beverages, listen to Korean traditional music and more. Cost is 50,000 won. For more info, call (02) 2261-0512.

To book, call (02) 399-1114~6.

COORDINATOR SOUGHT (FULL/PART TIME)

HaniEdu (www.haniedu.com) is looking for someone who can handle communications with US educational institutions on a full-time or part-time basis. Applicants with university degrees, basic Korean skills preferred. Hours (part-time) are 5 days a week, 1pm to 6pm. Remuneration to be discussed. Those interested should send a resume and personal introduction letter to ben@haniplus.co.kr. Founded by the Hankyoreh but now independent, HaniEdu is a leading firm specializing in assisting Korean students who wish to study abroad.

O'NGO KOREAN COOKING CLASSES

O'ngo Cooking Studio, Insa-dong

Mon—Sat (ongoing), 11am—3pm

Learn how to make authentic Korean Cuisine in English from a Korean Chef. Menus rotate by day and by request. Classes:

Daktoritang (red chili chicken) with seasonal side dishes

Haemul Pajeon (seafood pancake) and *tteokbokki* (spicy rice cake in sauce)

Bulgogi with steamed egg hotpot

Temple Bibimbap with seasonal side dishes

Dakgalbi (chicken barbecue) with seasonal side dishes

Cost is 55,000 won per person, including lesson, food and recipes. Contact Daniel Gray at seouleats@gmail.com or 010-6661-7769.

O'NGO KOREAN NIGHT DINING TOUR AND KOREA TASTE TOUR

Korean Night Dining: a crash course on Korea's exciting late-night food and drinking culture. Starts at Kwangjang Market and continues to historic Jongno 3-ga where you can eat Korean BBQ, drink *makgeolli* (rice wine) and dine at a tent (*pojangmacha*) restaurant. 80,000 won per person includes food, drinks, and tour guide. Tours are usually on Thursday—Saturday night (minimum four people per tour) from 6pm—10pm.

Korea Taste: Experience culture through cuisine, with Buddhist-inspired Korean food, followed by a food-based tour of Insa-dong. Round three is a Korean tea tasting at a local teahouse. Tour finishes with rice wine and Korean bar food snacks. Cost is 80,000 won per person and that includes, food, drinks, and tour guide. Tours are usually Thu—Sun (minimum four people per tour) from noon—3pm. Contact Daniel Gray (details above) for a detailed schedule.

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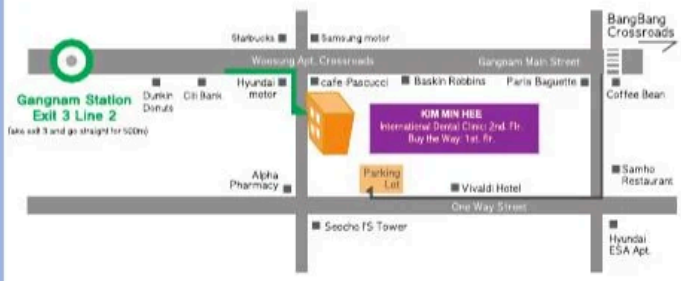

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SEOUL TOURS BY LISTEN TO THE CITY

space*c coreana art & culture complex, Sinsa-dong

Aug 7, 10:30am and ongoing

Listen to the City is a group dedicated to researching Seoul's architecture and urban planning and exposing the socio-economic factors that shape them. As well as publishing the bilingual magazine *Urban Drawings*, Listen to the City conducts alternative tours of Seoul, providing fascinating insights into what really makes Seoul the city it is. Listen to the City's special tour on August 7 takes in several apartment showrooms, a unique phenomenon known in Korean as *model hauseu* ("model house"), whereby architecturally distinctive buildings are erected temporarily to publicize architecturally anonymous apartments. Listen to the City director Eunseon Park and other artists are also currently holding an art exhibition entitled "A Monumental Tour" at space*c gallery in Sinsa-dong.

For more info, visit urbandrawings@blogspot.com, visit www.spacec.co.kr or email parkeunseon@gmail.com.

TAEKWONDO DEMONSTRATIONS AND PARTICIPATION

Front yard of Sungjeongmun, Gyeonghuigung Palace

Demonstrations: Every Wed and Sat, 2pm—3pm (SUSPENDED DUE TO MONSOON UNTIL AUG 13)

Participation: Tue—Sun, 11am—noon (Session 1), 1pm—2pm (Session 2), 3pm—4pm (Session 3) (SUSPENDED DUE TO MONSOON UNTIL AUG 19)

Watch one of Korea's most popular cultural exports, taekwondo, practiced against the spectacular backdrop of central Seoul's Gyeonghuigung Palace. A great photo opportunity as well as being entertaining. The program resumes on Aug 14 after a break during the monsoon. Alternatively, take part in "Human Power Taekwondo," an experience program designed especially for foreigners. For more info, visit www.taekwonseoul.org or call (02) 594-5535.

TEMPLESTAY OPPORTUNITIES

The Jogye Order of Korean Buddhism runs a temple stay information center opposite Jogyesa Temple, near the top of Insa-dong. Check it out for information about the many templestay opportunities available all over Korea. It also has a great bookshop, café with traditional teas and restaurant with vegetarian temple food. For more info, visit eng.templestay.com or call (02) 2031-2000.

UZBEKISTANI FILMS EVERY SATURDAY

National Museum of Korea

Every Sat until Aug 28, 4:15pm

Every Saturday throughout the summer, the National Museum is screening an selection of six Uzbekistani films, giving a rare chance to get familiar with the culture of this Central Asian nation. All films will be screened with English subtitles, except *Teenager*, which has Korean subtitles. The films to be shown are Admission to all screenings is free. For more info, call (02) 2077-9555.

Screening Dates:
Jul 31—Teenager
Aug 7—Chavandoz
Aug 14—Vatan
Aug 21—Chashma
Aug 28—Teenager

VOLUNTEER OPPORTUNITIES

English teaching: HOPE (Helping Others Prosper Through English). Visit www.alwayshope.or.kr.

Seoul Volunteer Center: Language and culture teaching; environmental clean-ups; visits to social welfare centers; heating briquet distribution to low-income citizens and more. Visit volunteer.seoul.go.kr and click on "For foreigners" in the Quick Menu on the right.

AWC: help the American Women's Club of Korea to run its second hand Thrift Shop, (the proceeds of which go to US Forces Korea organizations and Korean charities); participate in its Hello Friends outreach program, visiting rural Korean communities to chat in English and promote inter-cultural contact; or participate in Got English?—a monthly Play Day with underprivileged children at after-school centers in Incheon. For more info, visit www.awckorea.org.

Do you want to share anything with the most influential people in the city: SEOUL magazine's readers? Send it to writer@seoulselection.com and we'll put in our Community Page.

DIGESTIVE PROBLEMS
PART 2: DIARRHEA

DR. RAIMUND ROYER
(raimundroyer@jaseng.co.kr) is Korea's only "Western" Oriental medical doctor and the medical director of the Jaseng Hospital of Oriental Medicine's International Clinic (www.jaseng.net).

Summer is the season of vacations and traveling, which means meeting new people, exploring new territories, and sampling different kinds of food. Particularly in tropical and subtropical countries, one health issue that hits many of us is diarrhea. "Traveler's diarrhea" is usually caused by salmonella or other bacteria, parasites, or viruses that have been ingested along with contaminated food or water. The symptoms related to this kind of digestive tract infection may include frequent bouts of diarrhea (as many as 10 times a day or more) with abdominal cramping, nausea, vomiting, fever, muscle aches, thirst, and weight loss. This type of diarrhea may last from one to seven days and cause significant dehydration and weakness if the individual does not rehydrate properly.

Cool down the heat and warm up the cold

Traditional Korean medicine classifies these kinds of infectious or food poisoning-related acute episodes of diarrhea as dampness-heat or improper diet syndromes. Foul-smelling diarrhea that leaves a burning feeling on the anus characterizes this condition. There is commonly yellow mucus and possibly blood in the stool. Traditional medical treatment requires herbal remedies that disperse the damp heat from the intestines. Such recipes often include herbs like the root of *Sophorae* and *Coptis chinensis*, which are of cold character, have a bitter taste, and have strong anti-inflammatory and antibiotic properties.

Traditional Korean medicine distinguishes between different forms of diarrhea, such as acute diarrhea caused by cold-dampness and chronic types that include deficiency of the spleen and stomach, deficiency of kidney-yang, and liver qi stagnation.

Watery, thin diarrhea

Diarrhea caused by cold and damp is characterized by watery, thin stools that have no strong or foul odor. Generally, this is an acute type associated with abdominal cramping and digestive sounds emanating from the intestines, both of which are relieved by heat. The patient will generally feel cold and prefer warm drinks. In addition to ingested herbal medications that include "warm" herbs like dried ginger, moxibustion, a very effective traditional treatment, is often prescribed to treat this condition. Dried herbs are formed into cones and burned on certain acupoints, and the heat stimulates the function of the related internal organs.

In traditional Korean medicine, the Spleen's main function is to help the stomach digest and transform food into energy for the body. If the function of the spleen is impaired, there will be poor appetite, bad digestion, abdominal distention, and loose stools. This condition is called deficiency of the spleen and stomach. A kidney-yang deficiency syndrome can also have an impact on the digestive function, as kidney yang provides the energy and heat source for the entire body. When there is deficiency of kidney-yang, the intestines lose their contractile strength and a typical kidney-yang deficiency diarrhea occurs in the early morning hours. In such cases, it is advised to avoid eating cold and raw foods.

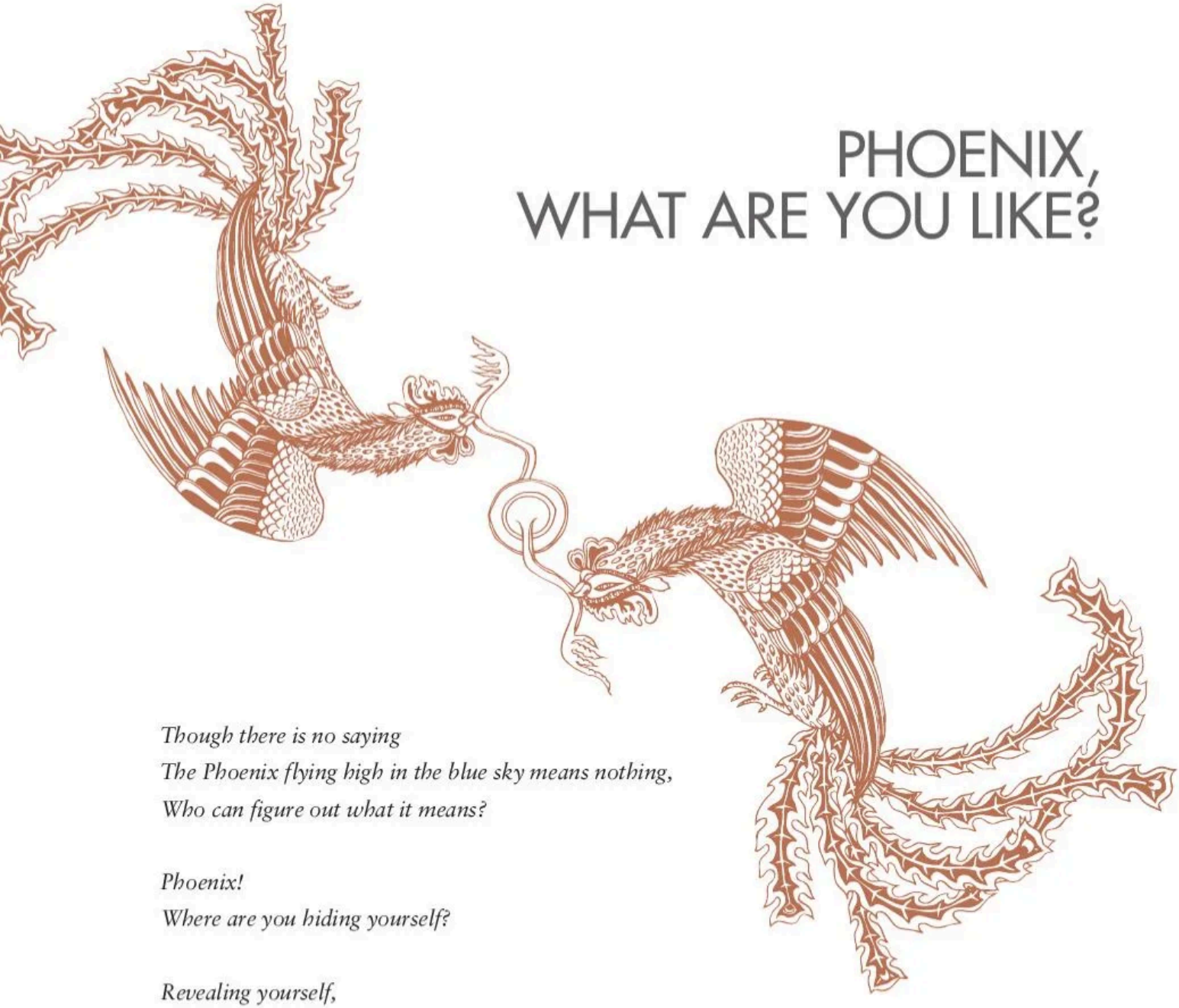
Qi stagnation

Another chronic type is diarrhea due to liver qi stagnation. The liver is seen as an organ that is very easily affected by emotional stimuli like sadness, frustration, anger, and anxiety. Such emotional stress may interfere with the proper functioning of the liver and disturb the digestive process by causing or aggravating conditions such as constipation or diarrhea. Symptoms that often go along with this type are abdominal cramping and pain under the rib cage. liver qi stagnation may be a primary cause of IBS (irritable bowel syndrome). Treatment for this condition will not just focus on liver and digestive tract function, but also requires that the patient manage his/her emotional stress levels.

During episodes of diarrhea, it is essential to avoid dehydration and support digestive tract functioning. Therefore, rice or barley water, miso broth, or rice porridge with vegetables like carrots and celery should be taken to help restore proper fluid and electrolyte balance.

To be continued...

PHOENIX, WHAT ARE YOU LIKE?



Though there is no saying
The Phoenix flying high in the blue sky means nothing,
Who can figure out what it means?

Phoenix!
Where are you hiding yourself?

Revealing yourself,
You are invisible
Because you are always revealing yourself without any shape.
Having eyes,
We can not see you.
Having a mouth,
We can not explain your shape (what you are like).

What on earth are you like?

Written by Master Subul Sunim
of Anguk Zen Center
Translated by Boo Ahm
(Song Soo-kyong)

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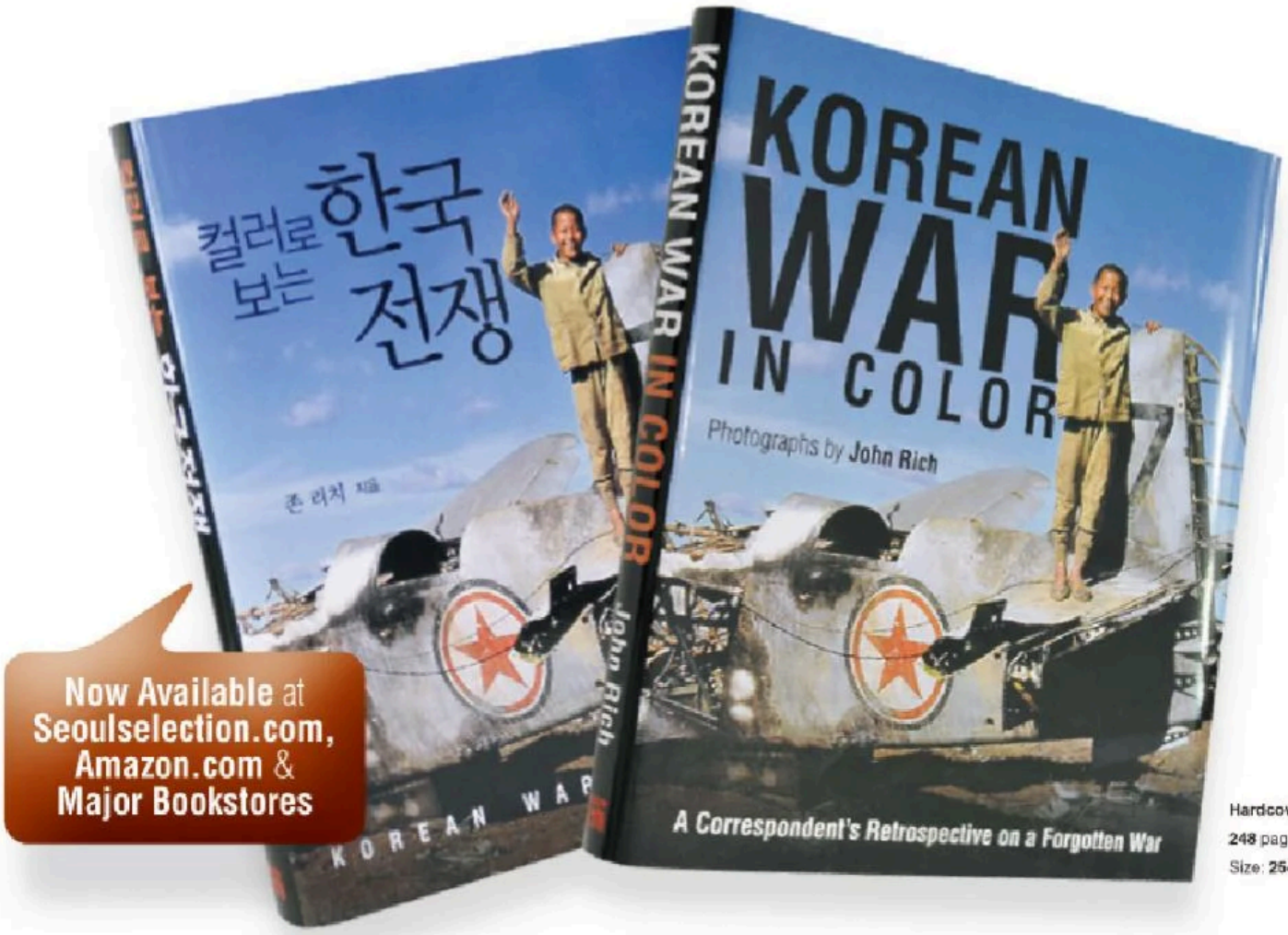

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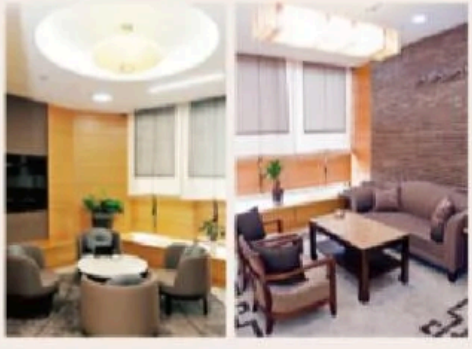

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